

MARTHA STEWART Living

Spring Into Color

87 ideas to
brighten
your world



eat your
greens
healthy
make-ahead
recipes

fresh
takes on
ground
beef
(tasty tacos
& more)

our new
favorite
pasta
dinners

paint
palettes
for
every
room

►
Steamed
rainbow
chard and
carrots
with lemon
and mint

PAGE 23

MARTHA + ORGANIZATION

neat



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MARTHA
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Martha's Month

Gentle reminders, helpful tips, and important dates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Horseback ride	2 Test garden soil for nutrients and adjust accordingly Weight training	3 Pilates	4 Make birthday gifts for grandkids, Jude and Truman	5	6 Grandson Truman's birthday Weight training	7 Morning hike Birthday dinner for Jude and Truman
8 DAYLIGHT SAVING TIME BEGINS Granddaughter Jude's birthday	9 Prune tea roses to remove winterkill Weight training	10 Plant eggplant seeds in greenhouse Pilates	11 Download new e-books for upcoming trip	12 Wash dog beds; make biscuits for Francesca and Sharkey	13 Have stables cleaned to prepare for beginning of mud season Weight training	14 Fly to Saint Barts for vacation
15	16 Have cars cleaned, waxed, and serviced	17 SAINT PATRICK'S DAY	18	19 Have curtains steam-cleaned	20 FIRST DAY OF SPRING Fly back to New York City	21 Horseback ride Schedule pets' Lyme disease and heartworm booster shots
22 Uncover crowns of roses Harvest winter lettuce, spinach, and greens from vegetable greenhouses	23 Plant peas in garden, depending on weather Weight training	24 Taper off bird feeding as spring begins Pilates	25 Remove storm windows; wash sashes; replace screens	26 Have beehives inspected	27 Deep-clean area rugs Weight training	28 Hike and photograph early-flowering bulbs for the blog
29	30 Collect snowdrops from the yard to make mini flower arrangements Weight training	31 Bring outdoor furniture out of storage Pilates				

TIP

Snowdrops are a welcome sight in the garden this time of year. Martha creates mini bouquets of the diminutive flowers in small antique glasses, or nestles them among larger blooms in full-scale arrangements for a delicate touch.



MARTHA'S WORKOUT



Reverse Sit-Ups

1. Sit on a mat with your legs together, knees bent, and feet flat on the floor. Position your hands behind your thighs. Draw your navel to your spine, and slowly lower your back toward the mat until your torso forms a C.
2. Look into your midsection as you lower your back. Hold; then slowly return to starting position.

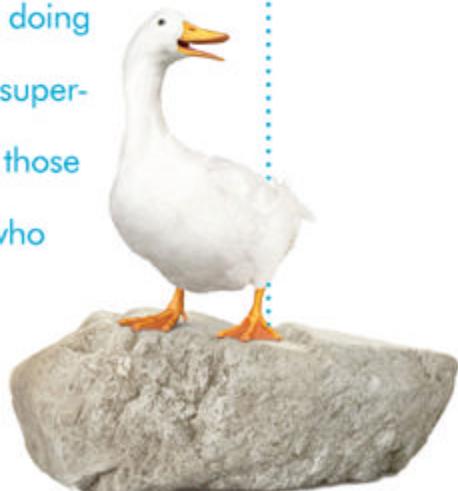
► For more of Martha's workouts, pick up a copy of *Living the Good Long Life* (Clarkson Potter, 2013).

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MARCH 2015



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LIVING BOOK CLUB

We love discovering first-time novelists, so we're excited to read screenwriter Stephen Metcalfe's debut book, *The Tragic Age* (St. Martin's Griffin). This coming-of-age tale about the ways our friends define us has garnered great buzz. Sign us up!

► marthastewart.com/book-club



COLLECTING

The best vintage patterned scarves are a cross between a fashion statement and a work of art, which is why so many become treasured finds. Look for colorful styles at thrift shops and online. You might come across a classic like this mod '60s red-and-pink Vera Neumann square, *second from right*, collected by senior style editor Naomi deMañana.

► eBay search term: *vintage silk scarves*

**WHERE TO FIND
MARTHA**

Martha Bakes

Learn how to make Martha's favorite recipes for cookies and puff pastry, as well as instructions for crafting delicious pizza at home.

► PBS (check local listings)

**Martha Stewart's
Cooking School**

An eight-layer lasagna is just one of the specialties featured in Martha's Italian segment. And be sure to tune in for the cheese episode to see how grilled cheese can be transformed into a grown-up main course—and more.

► PBS (check local listings)

Out & About

Where we've been, what we've seen, and where you'll find us.



ON THE ROAD

Crystal Bridges Museum of American Art, in Bentonville, Arkansas, houses a permanent collection of about 2,600 iconic artworks. Martha has visited twice since the museum was opened in 2011 by Alice Walton, whose collection dates back to the 1600s and includes works by Andy Warhol and Georgia O'Keeffe. Beyond the museum's

walls are outdoor sculptures, inviting gardens, and more than three miles of trails.

📍 Crystal Bridges Museum, Bentonville, Arkansas ► crystalbridges.org

**INSTAGRAM
FAVORITE**

We were impressed by how @sam_thrive360living put our Martha Stewart Crafts paints to work in this color-drenched grouping of rocks. To enter your photos, follow us on Instagram.

► [@marthastewart](http://marthastewart)

Let's elevate the moment.



Toyota Corolla

toyota.com/corolla



Let's
Go
Places

Options shown. ©2014 Toyota Motor Sales, U.S.A., Inc.



My favorite color is gray. (Yes, gray is a color!) It dominates my wardrobe and reigns in my apartment. But in March, after months of concrete city skies, even I need more variation and brightness.

Which is why I absolutely love this issue devoted to color. For our decorating story, Martha, a color expert in her own right, interviewed celebrated interior designer Steven Gambrel to find out how he uses the spectrum to create wholly unique yet incredibly livable spaces. You can read about his creative way with palettes—and see one of the gorgeous homes he decorated—in “Lessons in Color,” starting on page 80.

Bringing more color into your world doesn't have to mean overhauling your entire home, though. Smaller gestures, like rotating in a bright new kitchen towel (find our editors' favorites on page 66), throwing together a simple arrangement of forsythia and tulips (page 55), or painting your front door (page 56), can transform your world, too—not to mention instantly enhance your mood.

Indeed, color is therapy. It has the ability to make you feel serene or energized, romantic or celebratory, reflective or hopeful. Given its power, isn't it time to rethink its role in your life? I hope this issue arms you with the tools you need to play with the color wheel and, ultimately, to take risks with it. Here's to vivid new beginnings!

eric a. pike

Eric A. Pike, editor in chief



FOR A MORE COLORFUL LIFE . . .

Get inspired. Visit a museum, or watch a visually sumptuous movie or television show. (I can't tell you how many times I've been inspired by the gorgeous color schemes in *Downton Abbey*'s wardrobe and décor, especially this season.) After all, art begets creativity and vice versa. And much as a chef might browse farmers' markets to brainstorm new dishes, I love to peruse garden centers for color inspiration. In nature, there's no such thing as clashing hues.

Get decorating. Swap in colorful new throw pillows, bedsheets, towels, and other home accessories. Think of them as tools for an inexpensive mini makeover.

Get cooking. Re-create our cover. When you steam vegetables like rainbow Swiss chard and carrots, their colors remain rich, and you'll feel what you eat—that is, lighter and brighter. (Bring even more color to the table with one of our spring-worthy “Pastas That Pop,” starting on page 88.)

▼ **There's nothing like fresh-cut flowers for a dose of pure color. I'm a big fan of tonal arrangements, like this effusive deep-pink centerpiece. For more burgundy-inspired garden palettes, see page 26.**

Savor the dark



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80

LESSONS IN COLOR

In the hands of Steven Gambrel, a Sag Harbor, New York, home becomes a **master class** on designing with color.

88

PASTAS THAT POP

Our spring-ready main dishes, in hues that span the spectrum, are a **feast for the eyes** as well as the taste buds.

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TACTILE TEXTILES

Embroider over **patterned fabric** to transform and highlight its design. No tracing or transferring required!

102

INTO THE BLUE

Get inspired by the dishes (and the decorating) at Navy, a stylish **neighborhood restaurant** in New York City.



72

UNCOMMON BEAUTY

The owners of Far Reaches Farm, in Port Townsend, Washington, travel the world in search of stunning rare plants to cultivate stateside.

Among the many gorgeous plants that Far Reaches Farm offers is this false Solomon's seal (*Maianthemum canadense*), which can grow to between four and six feet in height.

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Beauty Routine

New season, new you: Martha test-drives four different makeup looks.



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Surprise balls filled with lucky charms, découpage floral trays, and delectable flourless chocolate chip cookies.

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On the Cover

It's a breeze to eat the rainbow when the offering is as delightful and delicious as this platter of steamed Swiss chard stems and colorful carrots. Photograph by Johnny Miller.

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ARX6HT7J

FROM MARTHA

Teach and Inspire



My everyday makeup palette is mostly neutral.
Dior Rouge Dior Nude Lip Blush lipstick, in Charnelle, \$35, dior.com.

A Refreshed Routine

With so many fun colors and wearable textures, now (spring!) is the time to branch out and incorporate new products into your beauty regimen. I find that experimenting with makeup can result in looks that you will really love. And remember, change is good.

PHOTOGRAPHS BY FADIL BERISHA

Beauty Routine

FROM MARTHA

For the past few years, I have been working with makeup artist Daisy Schwartzberg. We collaborate with hairdressers (James Vides did my hair for this shoot), photographers, and directors to keep me looking my best. Daisy and I are constantly looking for new colors, products, and ideas that will subtly but nicely change the way I look. Of course, it is up to me to keep my skin and hair healthy and vibrant, with a good diet and exercise, but I marvel at how a bit of eye shadow, a few false eyelashes, or a new shade of lip color can radically change my appearance!

I love shimmer and use Tom Ford Illuminating Primer (\$74, tomford.com) on my cheekbones, under my eyebrows, and on my collarbones. For the first of my “new” looks, Daisy upped the shimmer factor, adding plum shades to my lids and lips.

I use products to emulate the glow of a day in the sun without letting harmful UV rays touch my skin. To finish this healthy look, use a pink blush on the apples of the cheeks—it works wonders! Add bright earrings—turquoise works well on me.

For evening or formal events, try red lips. Daisy adds just a few individual lashes to my own upper eyelashes. Bright-white pearls and diamonds brighten anyone’s face exponentially.

To enlarge and enhance my dark-brown eyes, I use more browns and olive greens (I prefer dark-brown eyeliner and mascara to black). Daisy showed me how to smudge the eye shadows to create a beautiful, mysterious “smoky” look.



Shades of plum are surprisingly wearable—and warm up most complexions.



1 Subtle Shimmer

Daisy applied Vintage Grape (third from right) over my lids, then layered Concord (fourth from left) into the crease. A red-grape lip liner and berry lipstick in a long-wearing and hydrating formula balance this look, which is versatile enough for every day but a little more special.

Clinique Wear Everywhere Neutrals

All About Shadow 8-Pan palette, in Pinks, \$36, clinique.com. **Smashbox Always Sharp lip liner**, in Figgy (not shown), \$20, smashbox.com. **Shiseido Veiled Rouge lipstick**, in Rosalie, \$25, shiseido.com.



2 Golden Glow

This compact does triple duty. Sweep the bronzer over the areas the sun would hit—forehead, cheekbones, and chin. Tap the highlighter on your cheekbones, then add blush on the apples of the cheeks. Eyes and lips continue the sun-kissed theme.

Urban Decay Naked Flushed palette, in Streak, \$30, urbandecay.com. **Smashbox Limitless 15-Hour Wear shadow**, in Riches, \$20, smashbox.com. **L'Oréal Infallible shadow crayon**, in Everlasting Gold, \$8, lorealparisusa.com. **Clinique Long Last Glosswear**, in Devoted, \$16, clinique.com.

Beauty Routine

FROM MARTHA



3

Red Lips

This poppy shade is a classic, flattering red. For a precise application, Daisy used the lip brush on the end of the liner to apply the lipstick. With bright lips, keep the rest of the look more neutral, though a swipe of mascara—and a few individual lashes—make eyes pop. **Hourglass Cosmetics Panoramic Long Wear lip pencil**, in Icon, \$28, hourglasscosmetics.com. **L'Oréal Infallible Le Rouge lipstick**, in Red Fatale, \$10, lorealparisusa.com. **Eylure Pro-Lash Individuals**, \$5, ulta.com. **Maybelline Lash Sensational**, \$9, maybelline.com.



4

Smoky Eyes

Daisy prepped my lids with a green shadow and used a cinnamon color in the crease. Then she circled my eyes with sparkling-green eyeliner, blending it for the smoky look. Pale lips don't compete with the eyes. **Urban Decay eye shadow**, in Loaded, \$18, urbandecay.com. **Pürminerals Soul Mattes eye-shadow palette**, \$32, purminerals.com. **Bobbi Brown Long-Wear Gel Sparkle**, in Midnight Forest, \$29, bobbibrown cosmetics.com. **Marc Jacobs New Nudes Sheer lip gel**, in Strange Magic, \$30, sephora.com.

▼ BASE NOTES

Any makeup looks better and lasts longer when skin is prepped properly. Here are a few of my daily go-to products.

I often begin with **Dior Diorsnow White Reveal UV Protection BB Crème** (\$58, dior.com) or **Amore-Pacific Moisture Bound Tinted Treatment moisturizer SPF 15** (\$70, us.amore pacific.com). These lightweight tinted formulas hydrate and help to even out my skin tone. When I need to look more done up, I turn to foundation, either **Dior Diorskin Star Studio makeup** (\$50, dior.com) or **Clé de Peau Beauté Radiant Fluid foundation** (\$125, clededepeaubeaute.com), applied and buffed into skin with a **Beauty-Blender** (\$20, beautyblender.net), an egg-shaped sponge that leaves makeup streak-free and flawless.

As the last step, a loose powder sets everything. I like **Laura Mercier Invisible loose setting powder** (\$37, lauramercier.com).



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GOOD THINGS

Upgrades, Solutions, Inspirations



CRAFT

EARLY BLOOMERS

Anticipate the first flowers of spring, such as scilla, pansies, and dogwood, *clockwise from top*, by making graphic découpaged trays. For the most dramatic results, use a white lacquered surface as the backdrop for images of bright blooms—creating a sunny stage for a tea service, desktop supplies, or jewelry. For the how-to, turn the page.

PHOTOGRAPHS BY AARON DYER

HOW-TO

Découpage Floral Trays

For the trays on the previous page, we cut out some of our favorite images of flowers from the pages of *Martha Stewart Living*. Find our picks at marthastewart.com/msl-flowers, or use photographs from your own archive.

▶ **Supplies**

Lacquered tray
Flower images
Découpage finish
and paintbrush

Sources

Lacquered tray, in White, \$11, containerstore.com.
Small Rectangle lacquered tray, in White, \$39, westelm.com. **Découpage Durable gloss finish**, by *Martha Stewart Crafts*, \$10 for 8 oz., michaels.com.

1. Wipe tray clean with a damp cloth. Let dry.
2. Collect photos of flowers from magazines, or print out our clip art. Cut out flowers, trimming away any background imagery (for intricate blooms, use a pair of detail scissors). Arrange placement on tray.
3. Paint découpage finish onto back of a printout. Paste onto tray. Repeat for each cutout. Let dry, 1 to 2 hours.
4. Paint entire tray with découpage finish. Let dry, 1 to 2 hours. Then add a top-coat for extra durability.



FOOD

Green Light

Give a wink to Saint Patrick's Day—and let nature do the work for you—with a striking platter of emerald-hued crudité. Lightly blanched asparagus, cauliflower, and snap peas work well with raw produce such as celery and sliced cucumbers. The green-goddess dip features creamy avocado, buttermilk, and finely chopped herbs. (For the recipe, go to marthastewart.com/green-goddess-dip.)

HOME

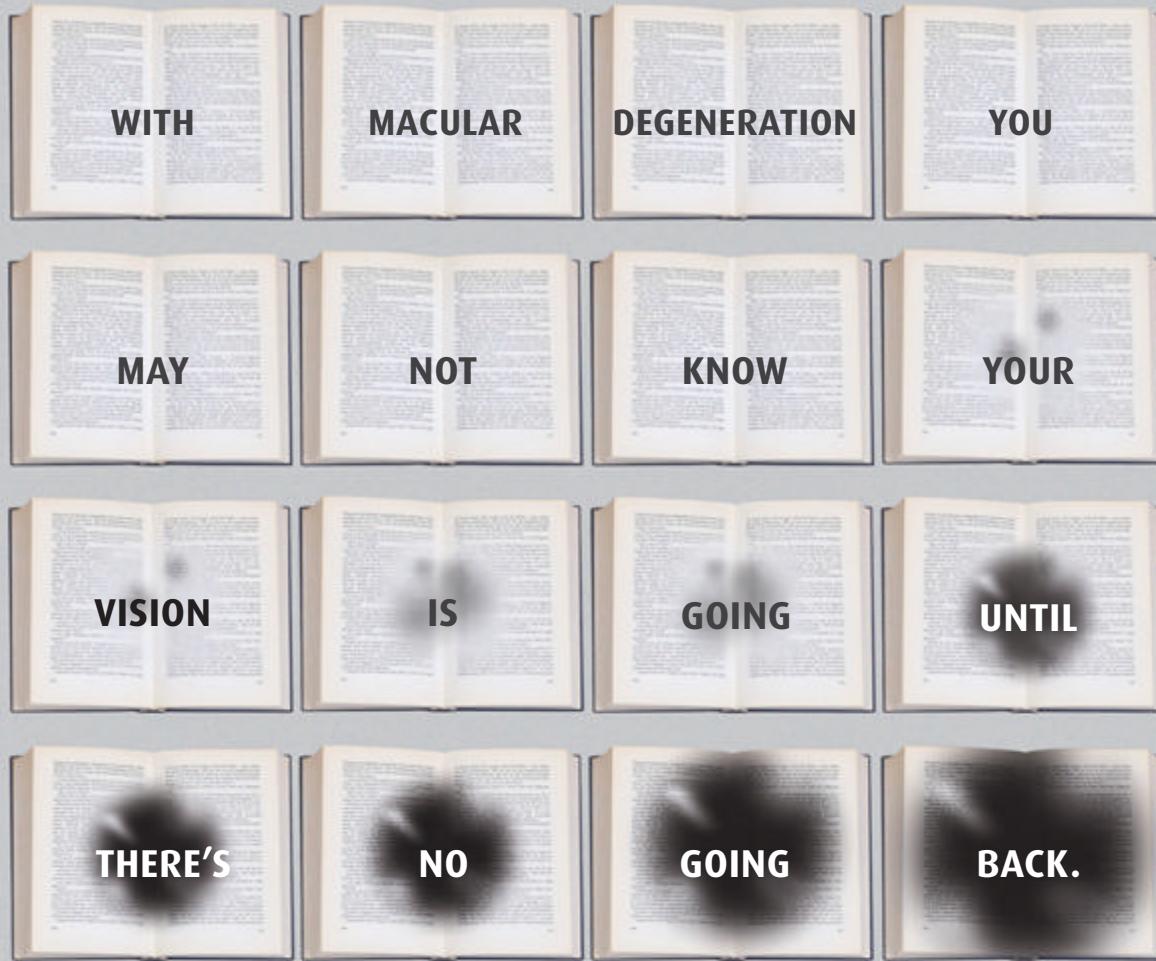
Rope It In

To bring an evocative touch of the sea to a powder room, opt for a nautical rope towel bar instead of a traditional metal version. First, cut a piece of cotton rope four to five inches longer than the desired bar length. Make a loop on one end; secure it by tightly wrapping the base of the loop with wire. Cover the wire with Ultrasuede tape in a matching color, as shown, right; glue the ends of the tape to secure. Screw the hooks into the wall, spaced to the rope's length. Attach the loop to one hook and pull the rope taut. Repeat the process to create the second loop.

Single-prong robe decorative hooks, by *Liberty*, in Satin Nickel, \$1.50 each, homedepot.com.

▶ **Supplies**

Cotton rope, $\frac{1}{2}$ inch
Thin-gauge wire
Ultrasuede tape
Craft glue
2 hooks

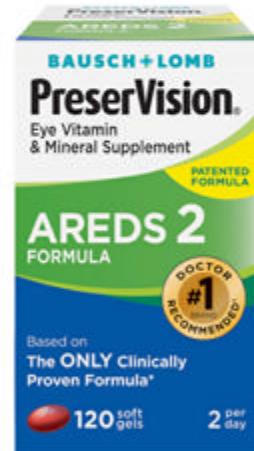


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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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HOME

Inner Beauties

Enhance a floral still life by nesting small vases inside larger ones. You'll double the impact—especially when they're placed on a windowsill to let the light shine through. Start by filling a narrow vase with water, then set it in the center of a wider, taller container. Layer tinted-glass vessels in varying hues, so the inner silhouettes stand out clearly. For extra stability, attach a piece of holding wax to the bottom of the smaller vessel to keep it from slipping. Add flowers or stemmed leaves as desired, and group the nested vases together with a few stand-alone ones.

CRAFT

Push Your Luck

Four-leaf clovers are rare enough to have inspired legends and songs, but you can make your own good fortune with a set of whimsical greeting cards. Cut a rectangle of colored card stock (twice the height of your envelope), and crease it in half with a bone folder. Then cut a square of slightly smaller card stock in a different color, and adhere it to the front of the card with a glue stick. Pick three-leaf clovers from the yard; you'll need two per card. Place them between two sheets of paper and press them inside a heavy book for a few days, until dry. Leave one clover intact; remove a single leaf from the second one. Rub a glue stick directly onto the card-stock square. Carefully place the three-leaf clover, then add a fourth leaf to the stem. Let dry completely.





JOHNNY MILLER (CHARD STEMS)

FOOD

Taste the Rainbow

If you eat only the leafy tops of Swiss chard, you're missing out on half the deliciousness—here's a great way to enjoy the stems. After separating the leaves (see page 42 for tips on cooking those), trim the stems and cook them in generously salted boiling water for about four minutes. Then, to make sure the vibrant colors pop, shock them in an ice-water bath. Let the stems cool and dry before tossing them in dressing—we love the lemon citronette from the New York City restaurant Navy (see the story on page 102, and the recipe on page 120). You can up the color (and flavor) quotient even more by pairing the chard with rainbow carrots, as we did for this issue's cover. Simply boil the carrots a little longer—about seven minutes—before tossing them in dressing.

TIP

To find out if a shrub or tree has survived winter, scrape a little bark with a thumbnail. If you see green, the branch is alive. If not, it has died—remove the branch at its base.

If more than half the branches have died, remove the plant.



CRAFT

A Small Fortune

For a fun Saint Patrick's Day treat, skip the dyed-green milk and instead give the kids surprise balls filled with good-luck charms. They'll love unwrapping them as much as the toys they find inside. Scrunch crepe paper into a Ping-Pong-size ball, then place the end of a crepe-paper roll on the ball and wind the paper around it. As you go, add in trinkets so each is trapped between the layers, switching colors for an extra surprise (cut the first color and wrap over it with a second hue). Once the ball has reached softball size, finish with a charm label printed on adhesive paper and give it to the lucky recipient. (For label templates, go to marthastewart.com/lucky-surprise-balls.)

Crepe-paper streamer, 89¢ for 81 ft., partycity.com.

Fill each ball with little lucky charms.



HOME

Make an Entrance

Would you guess that the beadboard detailing on this door is actually wallpaper? We used a paintable roll and some standard molding to give a basic (and very inexpensive) hollow-core door an easy makeover. By covering the entire surface, trimming and all, in neutral gray paint, we created the illusion that the design details are built-in. (Find this door-hanger template at marthastewart.com/do-not-disturb.)

HOW-TO

1. Measure and cut wallpaper to fit door, about 6 inches narrower than door on all sides.
2. Paint door with a coat of wallpaper primer; let dry.
3. Determine placement of wallpaper panel by marking top, bottom, and sides on door with a pencil and a level. Brush wallpaper glue onto back of wallpaper; smooth onto door to match markings. Let dry.
4. Cut 4 pieces of trim molding to match 4 sides of panel. Use a miter saw to cut angled

ends on pieces. Attach to door with glue and nails, framing wallpaper. Fill nail holes with wood filler; let dry.

5. Remove knob. Tape off hinges. Apply a coat of primer; let dry. Apply a coat of semigloss paint in desired color to entire surface; let dry.



Beadboard paintable wallpaper, by Martha Stewart Living, \$25 for 56 sq. ft., homedepot.com.

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Plant a Colorful Palette

The abundance of color choices at the garden center can be overwhelming. Take a shortcut to finding a complementary collection of shades by starting with the hue of the moment, burgundy. Then use these groupings to help you shop.

FOOD

Simply Scrumptious

Longing for homemade chocolate chip cookies in a snap? Nut butter does double duty by replacing both flour and regular butter in these five-ingredient, two-bite (gluten-free!) treats.



FIVE-INGREDIENT CHOCOLATE CHIP COOKIES

Active Time: 10 min.

Total Time: 25 min.

Makes: 30

- 1 cup almond butter
- 1 cup semisweet chocolate chips
- ½ cup packed light-brown sugar
- 2 large eggs
- ½ teaspoon coarse salt

1. Preheat oven to 350°. In a bowl, stir together almond butter, chocolate chips, sugar, eggs, and salt until a dough forms.

2. Place 1-tablespoon mounds of dough 1 inch apart on parchment-lined baking sheets. Bake cookies until puffed and tops are set, about 10 minutes.

3. Transfer to a wire rack; let cool. Cookies can be stored in an airtight container up to 3 days.

FOOD

The Power of Yuzu

Bottled citrus juice is usually a poor substitute for the real, freshly squeezed thing. But yuzu, a citrus fruit grown throughout Japan and Korea that's reminiscent of grapefruit and lime, is deliciously fragrant, and the bottled juice works well in recipes that call for fresh lemon, lime, or grapefruit juice. We especially like it in cocktails, vinaigrettes, and glazes for desserts, like this citrus pound cake, *right*. (For the glaze recipe, go to marthastewart.com/citrus-glaze.) Our test kitchen likes Yakami Orchard 100% Pure Japanese yuzu juice (\$14 for 12 oz., amazon.com).





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BEAUTY & STYLE

Tips, DIY, News

Color-Coded

Switch out a ho-hum gray pencil for a tone that will help your eyes pop. Chicago-based makeup artist Jenny Patinkin broke down the top choices by eye color.

1. Green: Aubergine enhances emerald eyes. **YSL Baby Doll eyeliner, in Light Amethyst, \$34, yslbeautus.com.**

2. Blue: Gold intensifies those baby blues. **Eyeko Liquid Metal eyeliner, in Rose Gold, \$28, eyeko.com.**

3. Everyone: "This is a great alternative to black," says Patinkin. **Make Up for Ever Aqua liner, in Iridescent Navy Blue, \$23, makeupforever.com.**

4. Hazel: "Pink plays up the gold flecks in hazel eyes." **NYX Glam Liner Aqua Luxe, in Glam Pink, \$6, nyxcosmetics.com.**

5. Everyone: "Brown is a universally flattering tone." **Clarins 3-Dot liner, in Brown, \$26, clarinsusa.com.**

6. Brown: When you just want to have fun. **Revlon Colorstay Skinny liquid liner, in Electric Blue, \$8, revlon.com.**



LAY IT ON THE LINE

Liquid eyeliners look intimidating to use, and bright colors may be out of your comfort zone—we get it. But pair the two and the results are nothing short of dazzling. Whether you're going for a feline-flicked cat eye or a lid-hugging line, you'll achieve spectacular effects with a little practice. The best part: No sharpener required!

PHOTOGRAPH BY YASU + JUNKO

THE CASE FOR LIQUID LINER

Still need some convincing? Here's why you should draw the line:

It's a headliner. Eyeliner keeps eyes looking alert and lashes appearing thick and lush. And with a kaleidoscope of colors and calligraphic nib tips, liquid liners offer a multitude of artful effects.

It's durable. Not only are liquid eyeliners long-wearing, most are water- and smudge-proof.

BUILD YOUR SKILL SET

Chillax. Close and relax one eye at a time. Gently pull up on the lid to ensure a taut, flat surface. With the hand that's holding the liner, anchor the pinkie finger on your face, or prop your elbow on a solid surface. This helps steady your movements.

Connect the dots. Instead of painting one long swoop, draw short dashes along the lash line, then bridge the gaps. This ensures more control and a more accurate line. Make sure to give the formula a good 30 seconds to dry before opening your eye.

Practice makes perfect. Your first try may look like you went head-to-head with a Sharpie. That's to be expected. Fix it with cotton swabs and makeup remover, and rest assured your technique will improve with each subsequent attempt.

EYE-DOS



IF YOU HAVE... close-set eyes

"Focusing your liner on the outer part of the eye creates the illusion of space between the eyes and nose," says Patinkin. "Start the line at the tear duct, gradually thickening its width from the mideye outward. The heaviest section should be concentrated along the last third of the lash line." Finish with mascara.



IF YOU WANT... a subtle cat eye

No matter how demure or dramatic a cat eye you want, there's one simple trick to remember: The wing needs to be in line with the symmetry of the eye. Imagine a line that extends diagonally from the outer corner of the eye toward the end of your eyebrow—that's the trajectory your feline flick needs to follow. Finish with mascara.



IF YOU HAVE... hooded lids

"A hooded lid has a tendency to obscure any liner, so it's best to create definition around the entire eye," says Patinkin. "It's a technique called 'tightlining.' Use liner on the underside of both top and bottom lashes, trying to work the tip of the pen between the water line (where your eye membrane starts) and each individual lash. Add mascara to the top and bottom lashes.



IF YOU WANT... a smoky eye

Start by applying a dark liquid liner around the entire eye. To create the smoky effect, use a small eye-shadow smudge brush dipped in eye shadow and do a second pass around the eye, diffusing the shadow along the lash line and up onto the eyelid; then add mascara. "The liner isn't the star of the show; it's just a strong supporting cast member," Patinkin explains.



IF YOU HAVE... wide-set eyes

Lay it on thick with a line that stretches from inner to outer corner. Make sure to exaggerate the arch in the center of the eye. "This gives the impression that the eyes are tall rather than wide," says Patinkin. Complete the effect with a high flick at the outer corner—which also creates a semblance of height—and add a swipe of mascara.



IF YOU WANT... to look younger

Place small dots or dashes of liquid liner in between the lashes along the lash line. "It gives them the appearance of being thick and full," says Patinkin. Use an eye-shadow brush to smudge some eye shadow over the liner, again working it into the lashes. This softens the effect and keeps the liner in place longer. Mascara provides the finishing touch.

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NEED TO KNOW...

Tools, tips, and techniques for your beauty routine.



Pretty in Pastel

It's time for a powder that not only mattifies but also has the ability to enhance skin's tone. **Givenchy's Prisme Libre in Mousseline Pastel** is a universally flattering shade that helps to subtly blur tonal imperfections as it sets makeup, leaving skin with a soft, opalescent finish. For the most seamless application, shake the container to blend the pigments, then use a big, fluffy brush to sweep powder over the entire face, paying special attention to oily areas. The featherweight texture renders skin silky-smooth. \$53, sephora.com.

Pain-Free Plump

What Botox is to plastic surgery (think needle rather than knife), **Dr. Brandt Needles No More Instant Wrinkle Relaxing cream** claims to be to Botox: a user-friendly wrinkle eraser that lowers the invasive factor to zero. If you're not a fan of pinpricks, consider this alternative with a mix of peptides and minerals that interact to block the signals telling muscles to contract. Can it really be that easy to smooth lines and crow's-feet? Well, it's safe to say that it won't hurt to try. \$89, sephora.com.



Lashing Out

Who needs false eyelashes when there's the new **Physicians Formula Eye Booster Instant Lash Extension Kit**? The two-in-one plan involves first applying lash-boosting mascara, then layering on fibers from a second tube until you achieve a thick, feathered fringe. For even more volume, repeat the steps. \$15, physiciansformula.com.



Waterworks

In an era when face creams promise to do it all (fix the carburetor, anyone?), **Neutrogena Hydro Boost** keeps its eye on just one prize: quenching parched skin. The gel does it brilliantly with hyaluronic acid and glycerin. \$19, neutrogena.com.



TURN UP THE HEAT

Boscia Detoxifying Black cleanser warms on contact, melting away makeup, oil, and pore-clogging contaminants. \$28, sephora.com.



RAISE THE BAR

For those who prefer their soap in solid form, the **Biore Charcoal bar** has peppermint oil and jojoba beads to exfoliate skin as it deep-cleans pores. \$6, biore.com.

spotlight on: charcoal

Why is the sooty stuff popping up in all kinds of beauty products? The activated form (used in water filters) is a magnet for toxins and impurities, making it a great blemish buster.



DIG IN

The charcoal in **Origins Clear Improvement** is highly absorbent, drawing dirt out of skin's nooks and crannies. Consider this a gift to your T-zone. From \$17, origins.com.



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Whit

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Whit is a contemporary womenswear brand that celebrates individual style and strives to promote a creative lifestyle.



A Sharp Whit

Fashion designer Whitney Pozgay isn't just making beautiful women's clothing with modern art as its inspiration. By keeping her design and production in New York City, she's also playing a part in the revival of Manhattan's ailing Garment District.

PHOTOGRAPHS BY JASON FRANK ROTHENBERG

MOST DESIGNERS start their collections with a silhouette—an A-line, a sheath, an iconic wrap dress—and only later flesh out the look with color, patterns, and textures. Up-and-comer Whitney Pozgay is making a name in womenswear by turning that process on its head. "What makes us unique is that we start with the prints and work from there," she says. And not just any prints: She commissions them from fine artists whose work she admires. The result is a wearable gallery of sorts, one that uses the female form as a canvas.

Pozgay's unusual method springs first and foremost from her lifelong love affair with the art world, a passion she

shares with her husband and business partner, former painter Parker Argote. While she was learning the ropes of the fashion trade a decade ago, first with Kate Spade and later with Steven Alan, Pozgay and her husband frequented gallery openings and cultivated friendships with artists. They even managed to bridge their disparate tastes—Pozgay leans toward Matisse, Keith Haring, and Cy Twombly, while Argote prefers Vermeer and Giorgio Morandi. After a few years, the two began to envision combining their talents and striking out on their own. At that point, Pozgay's early corporate experience paid off. "You can have a really amazing product,

► SHOP THE COLLECTION
Like what you see? Select pieces from Pozgay's spring 2015 collection are available in the Martha Stewart American Made Market, at ebay.com/americanmade.



“

We love how Whit is helping to revitalize New York City's Garment District by designing and producing colorful, stylish, well-made women's clothing.”
—Kate Berry, style judge



but if you don't know how to put it out there efficiently, you're not set up to succeed,” she says.

Their “amazing product” became Whit, a line of dramatic women's clothing, launched in 2010, that puts artwork front and center. Pozgay and Argote brainstorm each collection based on a loosely defined inspiration—last fall's Scandinavian-folklore vibe, for instance—and then seek artists to help bring their ideas to life. Four artists contributed prints to the spring 2015 line, and Argote also worked on some designs himself. (He painted daisies, a grid design, and a spin-art pattern on paper before digitizing them for the fabrics.) One discovery was a painter, Lourdes Sanchez, whose work Pozgay saw online and saved to Pinterest. “We want our business to be more than just an apparel company,” Pozgay says. “It's about being a creative community, collaborating with artists.”

Color is also key for Whit. “You'll usually find poppy red, cobalt blue, and navy in my collections,” says Pozgay. With

such strong colors and vivid patterns, she keeps her shapes simple, giving the pieces a life beyond one season. (Learn more about her style on page 36.)

Her classic sensibility has led Pozgay to another passion: supporting New York's famed but fading Garment District by having all her clothing made there. “Local manufacturing lets you work closely with the product, know the people who make it, and ensure top quality,” she explains. But she couldn't afford a studio there until 2012, when Whit was one of 10 brands chosen by the Council of Fashion Designers of America to join its prestigious annual Fashion Incubator program, which aids small businesses. Finally, she had trim shops, patternmakers, and clothing factories as neighbors. Now that she has arrived both geographically and creatively, Pozgay is focused on the big picture: “creating pieces that are easy to mix and match, giving our customer a large dance floor, and always celebrating the individual.”

The Fine Prints
Clockwise from top left: Argote hand-paints a daisy print. The Cleo silk frock. Swatches with some of Pozgay's signature prints—“We prefer natural fibers, because they age better, carry color, and feel better on your skin,” she says. Pozgay fits a model in the cotton-poplin Why Not dress for her spring 2015 collection.

Tastemaker

BEAUTY & STYLE



BOLD AND BEAUTIFUL

Whitney Pozgay | Owner, Whit, New York City

► Being fashion-forward is part of Whitney Pozgay's job description: She's the designer behind Whit, the playful, art-inspired women's clothing company profiled on page 34. But when it comes to her own wardrobe—and, by extension, the other choices in her home and life—she leans more toward quirky takes on timeless staples than on trendsetting styles. Her aim, Pozgay explains, is to add "a little wink" to every item through unexpected color, print, or texture. "What you wear and the things you decide to surround yourself with are the most overt ways you can express yourself," she explains. —Lindsey Mather

HER FAVORITE THINGS

TEXTILE: Pozgay used Josef Frank's Green Birds 315 linen fabric (1) to make bold curtains. \$185 a meter, svenskttnn.com.

TABLEWARE: Color-coordinated china (2) that is "bright and happy but still classic." Dinner plate, in Blue Lace, \$85, mottahedeh.com. Salad plate, by Jasper Conran, in Chinoiserie Green, \$45, wedgwood.com.

AFTERNOON SNACK: "I started eating Necco wafers (3) because my dad ate them when he was little." \$1.25 for 2.02 oz., oldtimecandy.com.

CENTERPIECE: "I like focusing on one flower, such as parrot tulips (4), versus a mixed bouquet."

COLLECTION: "There is something spooky and cool about bugs in resin (5)." Flower beetle, \$12, and butterfly, \$29, theevolutionstore.com.

HOTEL: Pozgay was married at the Soniat House (6). From \$245 a night, soniathouse.com.

BEAUTY PRODUCT: Dr. Alkaitis Organic Eye Crème (7). "It helps your eyes look refreshed." \$65 for 0.5 oz., alkaitis.com.

COFFEE-TABLE BOOK: *Henri Matisse: The Cut-Outs* exhibition catalogue (8). The artist's work has inspired Pozgay's collections. \$60, momastore.org.

SHOES: Whit + Jacques Levine Drew espadrille wedges (9). "Hologram-coated cork is a pretty match for natural jute." \$225, whit-ny.com.

GIFT: Pozgay likes the Mexicli feel of Geraldine Gonzalez votive holders (10). \$32 each, johnderian.com.

WARDROBE STAPLE: A boat-neck T-shirt (11). "Stripes are my go-to neutral." \$68, chanceco.com.



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2015

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Sausage ~~CHICKEN~~ ALFREDO

READY IN: 1 HOUR 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

5 chicken breast halves, cubed

2 tbsps. butter, divided

2 cloves garlic, minced, divided

2 tbsps. chopped flat-leaf parsley

1 1/2 tbsps. Italian seasoning

1/2 onion, diced

1 1/2 tbsps. salt

1/2 tsp. ground white pepper

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. Coat chicken in butter; season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.

3. Add garlic cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com

FOOD & GATHERINGS

Cook, Nourish, Enjoy



PERFECT BITE

ROASTED BEETS WITH TARRAGON

Tarragon and beets have a natural affinity for each other, especially when the beets are roasted. It's a striking combination in salads or, as shown here, served in endive spears as an hors d'oeuvre. First roast, peel, and dice beets (like the golden ones here), then toss them with extra-virgin olive oil, fresh lemon juice, and coarse salt. Serve in endive leaves, garnished with fresh tarragon.

PHOTOGRAPH BY YASU + JUNKO



Meatballs flavored with fresh ginger and scallions are served Asian-style, in lettuce cups with garnishes including cilantro sprigs, chopped Thai chiles and peanuts, and lime mayonnaise.

THINK OUTSIDE THE BUN

Ground beef may have its shining moment in a hamburger, but this ever-popular and affordable meat can get you feeling stuck in a rut. Here are four flavorful ways to shake up the routine—mini meatballs with Asian flavors, a mildly spiced Spanish-style picadillo-inspired chili, zesty tacos, and cheesy hand pies in a flaky crust. Talk about hamburger helpers!

PHOTOGRAPHS BY YUKI SUGIURA

Beef and Cheddar Hand Pies



Picadillo-Style Chili



Beef and Cabbage Tacos



Mini Asian Meatballs in Lettuce Cups



Picadillo-Style Chili

Active/Total Time: **30 min.** Serves: **4**

2 tablespoons extra-virgin olive oil
½ cup chopped garlic (from 12 cloves)
1 large onion, chopped (1½ cups)
2 poblano chiles, chopped, ribs and seeds removed if less heat is desired (1½ cups)
2 teaspoons ground cumin
½ teaspoon ground cinnamon
2 pounds ground beef (80 percent lean)
Coarse salt
3 tablespoons red-wine vinegar
1 can (28 ounces) whole peeled tomatoes, chopped
Cooked rice, sliced green olives (such as manzanilla), chopped toasted almonds, and currants, for serving

1. Heat oil in a large pot over medium-high. Add garlic, onion, and chiles; cook, stirring occasionally, until softened, about 5 minutes. Add cumin and cinnamon; cook, stirring constantly, just until fragrant, about 1 minute.
2. Add beef and season with salt. Cook, breaking up meat, until browned, about 5 minutes. Add vinegar and tomatoes with their juices; season with salt. Bring to a boil, then reduce heat and simmer, stirring occasionally, until thickened, about 10 minutes. Serve over rice with accompaniments.

MARTHASTEWART.COM

Mini Asian Meatballs in Lettuce Cups

Active/Total Time: **30 min.** Serves: **4**

½ cup chopped garlic (from 12 cloves)
3 tablespoons chopped peeled fresh ginger (from a 3-inch piece)
3 scallions, chopped (¼ cup)
1 pound ground beef (80 percent lean)
1 teaspoon fish sauce, such as nam pla
1 teaspoon coarse salt
1 tablespoon toasted sesame oil
¼ cup mayonnaise
1 tablespoon fresh lime juice
Bibb lettuce leaves, cilantro sprigs, sliced Thai chiles, and chopped roasted peanuts, for serving

1. Finely chop together garlic, ginger, and scallions. In a bowl, gently combine garlic mixture with ground beef, fish sauce, and salt. Form mixture into 52 meatballs, each 1 inch in diameter.
2. Heat oil in a large skillet over high. Working in batches, fry meatballs until browned and cooked through, about 5 minutes a batch.
3. In a small bowl, mix together mayonnaise and lime juice. Serve meatballs in lettuce cups, with lime mayonnaise and accompaniments.

MARTHASTEWART.COM

Beef and Cheddar Hand Pies

Active Time: **25 min.** Total Time: **1 hr. 10 min.** Serves: **4**

1 pound ground beef (80 percent lean)
1 tablespoon minced garlic (from 2 cloves)
1 large onion, halved and thinly sliced (3 cups)
2 tablespoons Worcestershire sauce
2 teaspoons Dijon mustard
Coarse salt and freshly ground pepper
6 ounces cheddar, shredded (2 cups)
1 sheet (12 ounces) frozen puff pastry, thawed
All-purpose flour, for dusting
1 large egg, lightly beaten
Roasted broccoli rabe or other green vegetable, for serving

1. Heat a large nonstick skillet over high. Add beef, garlic, and onion; cook, stirring occasionally, until starting to brown, about 7 minutes. Stir in Worcestershire and Dijon; season with salt and pepper. Remove from heat and let cool completely. Stir in cheese.
2. Preheat oven to 425°. Roll out pastry on a lightly floured surface to a 14-inch square. Cut into four 7-inch squares; place a quarter of beef mixture on each. Brush edges with egg, then fold one corner of each pie over, forming a triangle. Press edges to seal.
3. Place pies on a parchment-lined baking sheet. Brush tops with more egg. Cut 2 vents in each top; freeze 10 minutes. Bake until golden brown, about 20 minutes. Serve with broccoli rabe.

MARTHASTEWART.COM

Beef and Cabbage Tacos

Active/Total Time: **20 min.** Serves: **4**

1 pound ground beef (80 percent lean)
1 teaspoon grated lime zest and 2 tablespoons fresh lime juice (from 1 lime), plus wedges for serving
½ teaspoon red-pepper flakes
1 tablespoon minced garlic (from 2 cloves)
Coarse salt
½ head red cabbage, shredded (3 cups)
8 6-inch corn or flour tortillas, toasted
Sliced avocado, sour cream, and pickled jalapeños, for serving

1. In a large bowl, mix beef with lime juice and zest, pepper flakes, garlic, and 1 teaspoon salt. Heat a large nonstick skillet over high. Add beef mixture and cook, stirring occasionally, until browned, about 7 minutes. Add cabbage and season with salt. Cook, stirring occasionally, until cabbage is wilted, 2 to 4 minutes more.
2. Fill tortillas with beef mixture. Serve with accompaniments and lime wedges.

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IT'S EASY KEEPING GREENS

When you blanch and store those gorgeous bunches of rich, healthy greens that called to you at the market, they will be at the ready for all kinds of main courses and side dishes. You'll also have lots more room in the refrigerator (cooked greens take up a fraction of the space of fresh), and you can say goodbye to tossing away good produce gone bad.

PHOTOGRAPHS BY BRYAN GARDNER



BLANCHED GREENS

► Remove leaves from stems. (Swiss chard stems are edible, so save and cook them; for a recipe, see page 23.) Blanch greens in a large pot of boiling salted water, 15 seconds (spinach and chard) to 2 minutes (kale and collards); drain. When cool enough to handle, squeeze out excess liquid; let cool completely in a single layer on a rimmed baking sheet. Greens can be stored in an airtight container in refrigerator up to 4 days.

Cooked-Greens Yields
That bundle of fresh greens may look enormous—until it cooks down. If you need a particular amount, weigh it in the store, or play it safe and buy two bunches.

1 lb. collards = 2 cups
1 lb. kale = 2 cups
1½ lb. spinach = 1½ cups
1 lb. Swiss chard = 2 cups



Instead of using your hands, try a potato ricer to remove excess water. Place one handful of greens at a time into the tool and give it a firm squeeze.



THICK CUT FOR MORE
SEA-SALTLED CRUNCH



4 Delicious Ways to Go Green

1. Kale-Sesame Salad

Whisk together 2 tablespoons **soy sauce**, 1 tablespoon **fresh lime juice**, and 1 teaspoon **toasted sesame oil**. Season with **coarse salt**. Toss with 2 cups chopped **blanched kale**; sprinkle with **sesame seeds**.

2. Chard-Tomato Sauté

Heat 3 tablespoons **extra-virgin olive oil** in a large skillet. Add 2 thinly sliced **garlic cloves**, 1 chopped large **tomato**, and 2 tablespoons drained **capers**; cook, stirring, 2 minutes. Add 2 cups chopped **blanched Swiss chard** and $\frac{1}{4}$ cup sliced **fresh basil**; heat through. Season with **coarse salt** and freshly ground **pepper**. Drizzle with more oil; top with basil leaves and grated **Parmesan**.

3. Mostly Greens Frittata

Melt 2 tablespoons **unsalted butter** in an 8-inch cast-iron skillet. Add 1 tablespoon minced **garlic**; cook until soft, 1 minute. Add $\frac{1}{2}$ cups chopped **blanched spinach**; heat through. Season 8 whisked **eggs** with **coarse salt** and freshly ground **pepper**. Add to skillet and cook, pushing eggs into center to create curds, until almost set, 3 minutes. Sprinkle with $\frac{1}{2}$ cup grated **Gruyère**. Bake at 400° until set and golden, 12 minutes.

4. Fried Rice With Collards

Heat 3 tablespoons **coconut oil** in a large skillet. Add 1 tablespoon each minced **garlic** and minced peeled **fresh ginger** and $\frac{1}{4}$ cup sliced **shallot**; cook 1 minute. Add $\frac{1}{2}$ cups **cooked rice**, 1 minced **Thai chile**, and $\frac{1}{2}$ cups chopped **blanched collards**; heat through. Stir in 1 tablespoon **fresh lime juice** and 1 teaspoon **fish sauce**. Top with **cilantro**; serve with **lime wedges**.





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Robust stout flavors the braised lamb shoulder. Mint invigorates roasted potatoes, carrots, leeks, and celery root.

MENU

Cucumber-Mint Buttermilk Soup
Stout-Braised Lamb
Roasted Root Vegetables and Leeks
Simple Watercress Salad
Scones With Pears, Irish Cheddar, and Honey

THE SHARING OF THE GREEN

The time is ripe to reimagine traditional Irish dishes—in ways that retain their hearty flavors while applying a contemporary touch: refreshing buttermilk-and-herb soup, stout-braised lamb that you can make in advance, roasted root vegetables, and buttery scones sandwiching pears and good Irish cheddar for dessert. Whether you’re celebrating Saint Patrick’s Day with family and friends or simply extending a warm welcome to the season, this is a meal that offers delicious tastes of the Emerald Isle.

PHOTOGRAPHS BY YUKI SUGIURA

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from

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The Strategy

MAKE AHEAD

► The soup can be made one day ahead and chilled until it's ready to serve. To get the best flavor from the lamb shoulder, braise it at least one day and up to three days in advance. The scone dough can be shaped into a round and chilled, wrapped in plastic, up to one day before the meal. Toss the salad just before serving.

SET UP

► There are two ways to serve the soup—as a traditional first course using bowls and soupspoons, or in teacups, as shown here, so guests can sip and chat before sitting down to the main course.

SERVE

► Let guests help themselves, family-style, as they pass the dishes around the table. With the lamb, serve Irish stout, which extends the flavor notes of the braising liquid. Irish whiskey, served neat or on the rocks, pairs nicely with the dessert.



Cucumber-mint buttermilk soup offers a taste of early spring—a refreshing counterpoint to the rich lamb.

CUCUMBER-MINT BUTTERMILK SOUP

Active Time: 10 min.
Total Time: 2 hr. 10 min.
Serves: 8

2½ cups buttermilk

1 English cucumber, cut crosswise into 1-inch pieces

¼ cup lightly packed fresh mint leaves, plus more for serving (optional)

Coarse salt and freshly ground pepper

Extra-virgin olive oil, for drizzling

1. In a blender, purée buttermilk with cucumber and mint until smooth. Strain mixture through a

fine sieve. Skim off any foam from surface. Season with salt and pepper. Refrigerate soup until cold, at least 2 hours and up to 1 day.

2. When ready to serve, stir until smooth. Divide among cups. Sprinkle with pepper, drizzle with oil, and top with mint leaves.

STOUT-BRAISED LAMB

Active Time: 1 hr. 20 min.
Total Time: 5 hr. 35 min., plus overnight
Serves: 8

1 5-pound butterflied boneless lamb shoulder, trimmed of excess fat and cut in half

Coarse salt and freshly ground pepper

3 tablespoons all-purpose flour

1 tablespoon extra-virgin olive oil

1 large onion, peeled and coarsely chopped

6 cloves garlic, minced (3 tablespoons)

2 sprigs rosemary

2 tablespoons tomato paste

2 tablespoons Worcestershire sauce

1 bottle (11.2 ounces) stout beer, such as Guinness

1½ cups low-sodium chicken broth

Store-bought tomato jam or fruit chutney, for serving

1. Preheat oven to 325°. Season lamb generously with salt and



pepper. Sprinkle evenly with flour. Heat oil in a braiser pan or large deep-sided skillet over medium-high. Working in 2 batches, sear lamb, fat-side down first, until browned all over, 5 to 7 minutes a batch. Transfer to a platter.

2. Reduce heat to medium. Add onion to pan and cook, stirring occasionally, until softened, 5 to 6 minutes. Stir in garlic, rosemary, and tomato paste. Cook, stirring, until fragrant, about 1 minute.

3. Add Worcestershire, stout, and broth. Bring to a boil, scraping up browned bits from bottom of pan. Return lamb, fat-side up, and

any accumulated juices to pan and return to a boil.

4. Cover pan and transfer to oven. Cook, spooning juices over lamb every 30 minutes, until meat is fork-tender, 2½ to 3 hours. Remove from oven; uncover and let cool completely. Cover and refrigerate at least 1 day and up to 3 days.

5. Remove solidified fat from top. Place pan over medium-low and gently simmer, covered, until lamb is warmed through, about 15 minutes. Remove rosemary. Using 2 forks, shred meat into large pieces. Transfer to a tureen or other serving vessel. Pour braising liquid over lamb. Serve with jam or chutney.

ROASTED ROOT VEGETABLES AND LEEKS

Active Time: 25 min.

Total Time: 1 hr. 5 min.

Serves: 8

3 russet potatoes (2 pounds total), scrubbed, quartered lengthwise, and cut crosswise into 1½-inch pieces

1 large celery root (1½ pounds), peeled and cut into 1-inch pieces

1 bunch carrots (7 medium), peeled and cut on the bias into 3-inch pieces

3 large leeks (2 pounds total), white and pale-green parts

cut crosswise into 1½-inch rounds, washed well, and drained

¼ cup extra-virgin olive oil

Coarse salt and freshly ground pepper

2 tablespoons white-wine vinegar

½ cup lightly packed fresh mint leaves and small sprigs, for serving

1. Preheat oven to 375° with racks in upper and lower thirds. On a rimmed baking sheet, toss vegetables with oil. Season with salt and pepper. Transfer half of vegetables to another rimmed baking sheet. Spread vegetables in a single layer.

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Entertaining

FOOD & GATHERINGS

2. Roast, rotating baking sheets from top to bottom and front to back halfway through, until vegetables are tender and golden brown in spots, 50 to 60 minutes. Transfer to a platter and toss with vinegar. Sprinkle with mint and serve.

SIMPLE WATERCRESS SALAD

Active/Total Time: **10 min.**
Serves: **8**

2 tablespoons white-wine vinegar
½ teaspoon coarse salt
½ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil
2 bunches watercress, tough stems trimmed, coarsely chopped (8 cups)

Combine vinegar, salt, and pepper in a salad bowl. Slowly whisk in oil. Add watercress and toss with vinaigrette to evenly coat. Serve immediately.

SCONES WITH PEARS, IRISH CHEDDAR, AND HONEY

Active Time: **20 min.**
Total Time: **35 min.**
Serves: **8**

The dough can be shaped into a disk, wrapped in plastic, and refrigerated one day ahead. Cut the dough into wedges, brush the tops with buttermilk, and sprinkle with sugar just before baking.

3 cups all-purpose flour, plus more for dusting
1 tablespoon baking powder
¼ teaspoon baking soda
¼ cup sugar
½ teaspoon coarse salt
1½ sticks cold unsalted butter, cut into **½**-inch pieces
1 teaspoon caraway seeds
½ cup currants

1 cup buttermilk, plus more as needed and for brushing
Cored and sliced ripe pears, such as Red Anjou, Comice, Red Bartlett, or Seckel, for serving
Sliced cheddar, preferably Irish, for serving
Honey, for drizzling

1. Preheat oven to 450°. Whisk together flour, baking powder, baking soda, 2 tablespoons sugar, and salt in a large bowl to combine. Add butter to bowl and, working with a few pieces at a time, scoop some butter and flour mixture into your hands. Squeeze butter, pressing thumbs across your fingertips to flatten into petal shapes. Repeat until all butter is flattened and coated with flour mixture.

2. Add caraway seeds and currants to bowl, tossing to combine. Slowly add 1 cup buttermilk, stirring constantly with a fork, just until mixture begins to form clumps. Add more buttermilk if necessary, 1 tablespoon at a time, until no dry flour mixture remains in bowl.

3. Transfer mixture to a parchment-lined baking sheet. Lightly dust hands with flour and gather mixture into a ball, gently squeezing to form a dough (it may still crumble slightly).

4. Flatten dough to a 1-inch thickness and fold in half. Flatten and fold once more. Gently shape into a 1-inch-thick, 7-inch-diameter round. Cut into 8 equal wedges, then separate wedges $\frac{1}{2}$ inch apart. Brush tops with buttermilk; sprinkle with remaining 2 tablespoons sugar.

5. Bake scones until puffed, golden brown on top, and hollow-sounding when tapped on bottoms, 15 to 18 minutes. Let cool slightly on a wire rack. To serve, split scones, sandwich pear and cheddar slices, and drizzle with honey.



LO-CAL GINGER ALE

PREP TIME 10 MINS | MAKES 8 SERVINGS

INGREDIENTS

2 liters plain seltzer water
1 tablespoon fresh pressed ginger juice
1 fresh squeezed lemon (medium-sized)
1 teaspoon pure vanilla extract
5 packets Stevia In The Raw®

PREPARATION

Cut small pieces of peeled ginger root and place in a press (a garlic press works great). Press ginger root to produce 1 tablespoon of juice and place in small bowl. Add strained lemon juice, vanilla extract and Stevia In The Raw®. Stir to combine. Open 2-liter bottle of seltzer and pour out 1/2 cup to make room for soda flavor mixture. Using a funnel, carefully pour mixture into seltzer bottle and screw closed. (The ingredients may react with the carbonation causing extra bubbles.) Open cap slowly and let the extra gas escape before pouring. Serve over ice and enjoy!



To learn more about our products, recipes and more, go to InTheRaw.com



MANGO TANGO

Dancing with the flavors of the tropics is simple when mangoes are on hand. This upside-down cake offers a dazzling showcase—the ripe fruit nestles in a simple caramel, its golden hues and honeyed taste deepening as it bakes. Banana and rum add more tropical notes and help keep the cake moist, from first bite to last crumb.

PHOTOGRAPH BY BRYAN GARDNER

MANGO UPSIDE-DOWN CAKE

Active Time: 30 min.

Total Time: 3 hr.

Serves: 8

1½ cups sugar
1 cup all-purpose flour
¼ teaspoon baking soda
¼ teaspoon coarse salt
½ cup buttermilk
½ cup safflower oil
2 tablespoons golden rum, such as Bacardi Gold
1 large egg plus 1 large yolk
1 teaspoon pure vanilla extract
1 ripe banana, mashed until smooth (½ cup)
2 large or 3 small ripe mangoes (2 pounds, 6 ounces total), peeled, 2 sides cut off each, and each side sliced into 5 pieces

1. Preheat oven to 350°. Heat ½ cup sugar and 2 tablespoons water in a small saucepan over high, stirring, until sugar is dissolved, about 3 minutes. Let boil, without stirring, until dark amber, swirling pan to color evenly and washing down sides with a wet pastry brush to prevent crystals from forming. Immediately pour into a 9-inch round cake pan; swirl to evenly coat bottom of pan.

2. Whisk together flour, baking soda, salt, and remaining 1 cup sugar in a medium bowl. In another bowl, whisk together buttermilk, oil, rum, egg and yolk, vanilla, and banana. Whisk buttermilk mixture into flour mixture until smooth and combined.

3. Arrange mangoes in pan on top of caramel, in a tightly packed single layer. Pour batter into pan.

4. Bake until a tester inserted in center of cake comes out clean, 45 to 50 minutes. Let cool in pan on a wire rack 15 minutes. Run a knife around edge of pan, invert cake onto a plate, and let cool completely before serving.

>> For tips on slicing mangoes, see page 119.

GOOD LIVING

Home, Garden, Craft



TABLEAU

BRIGHT SPOT

To celebrate the coming of spring, we cut a handful of branches from a forsythia bush (one of the first to bloom in a garden), placed them in a narrow-necked vase, and surrounded them with yellow parrot tulips. The resulting palette of a moody blue-gray wall and sunny yellow blooms perfectly captures the seasonal shift.

PHOTOGRAPH BY
PETRA BINDEL

**Front and Center**

To complete this country-inspired entry, we hung a planter filled with begonias, sweet-potato vines, and coleus, and added a chalkboard for writing messages to guests. Large mail slot, \$75, and frog doormat, \$35, rejuvenation.com. Walnut Hollow Basswood Country Round, 5" to 7", from \$7, michaels.com.

For a sweet touch, mount numbers on a wooden plaque.

246

Welcome

A shelf allows for more decorating opportunities.

Warm Welcome

Knock, knock! The arrival of spring is a great time to take a fresh look at your front-door area.

We've gathered our favorite decorative accents, styling tips, and color palettes to increase your home's curb appeal—and help the outside look as good as the inside.

PHOTOGRAPH BY ANNIE SCHLECHTER

1

COUNTRY

"Before you decorate the exterior of your house, you need to consider its architectural style and color palette," says MSL decorating director Kevin Sharkey. For instance, to temper the chateuse door of a shingled cottage, *opposite*, he and home editor Lorna

Aragon kept everything else neutral. They also made sure to up the charm factor: "Adding personal touches, like a chalkboard or bench, is key when creating a country vibe," says Kevin.



Fresh and Fun

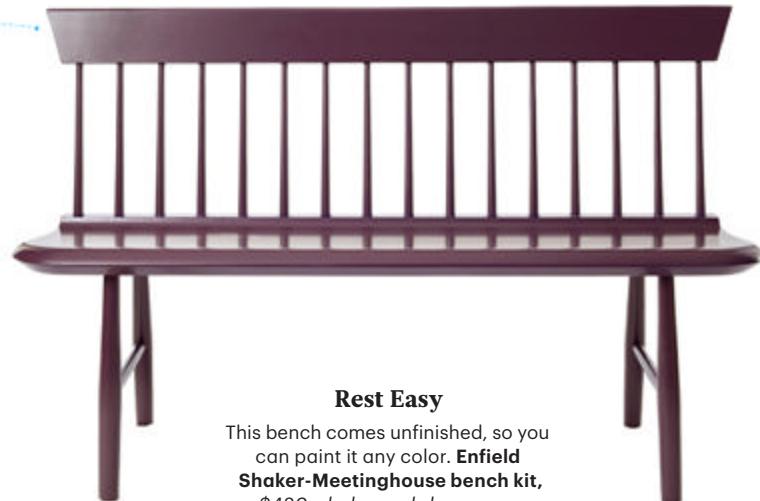
This palette is echoed in the colors of the hanging plants. **Paint (door)**, in 2073-10 Dark Purple, benjaminmoore.com. **Paint (house)**, by Ralph Lauren, in *Saltaire*, homedepot.com. **Paint (accent)**, in SK21, finepaintsdeurope.com.



Basic Black

Dark numbers against a light color are easy to spot. **Flush-mount metal numbers**, by the Hillman Group, \$4 each, homedepot.com.

High-gloss paint and a covered porch can help protect wooden furniture from the elements.



Rest Easy

This bench comes unfinished, so you can paint it any color. **Enfield Shaker-Meetinghouse bench kit**, \$480, shakerworkshops.com.



Oil-rubbed bronze lends informal charm.

Good Lock

A handle makes a stronger visual statement than a doorknob. **Hawthorne single-cylinder handle set with Juno Knob featuring Smart-Key**, by Kwikset, in Venetian Bronze, \$135, homedepot.com.



Soft Landing

Martha loves this understated and ultra-durable **rope mat**. From \$34, capecoddoormats.com.



Barn Beautiful

"It's clean and unfussy," says Lorna of the **Factory Modern #4 sconce**. \$159, schoolhouseelectric.com.



Anchors Aweigh!

"This aged iron knocker would be perfect for a lake home in the country," says Lorna. **Anchor door knocker**, \$20, shopterrain.com.



Shelf Help

A corbel can add architectural interest to the wall. **Fretted corbel**, by Martha Stewart Living, in Sharkey Gray, \$404, homedepot.com.

GOOD LIVING

2

TRADITIONAL

Most older houses are painted in a muted palette. "Planter are an easy and impermanent way to bring life and color to a traditional home," says Kevin. Plus, they offer year-round delights: Depending on the season, you can plant flowers, shrubs, or small trees in them.



Sharp and Sophisticated

Nothing's more classic than a white house with a black door. **Paint (door)**, in 25-17 Black, prattandlambert.com. **Paint (house)**, in 967 Cloud White, benjaminmoore.com. **Paint (accent)**, by Behr, in 490D-6 Thermal Spring, homedepot.com.



Well Rounded

"This brass knocker lends instant formality," says Lorna. **Classic ring door knocker**, \$85, rejuvenation.com.



Turn Style

If you want to highlight a metal, choose a lockset with a plate. **Doorknob** (#11433), in Polished Brass, omniaindustries.com.



Touch of Class

"The metals you choose should all be the same color," says Kevin. **Estate-style house numbers**, in Polished Brass, \$20 each, baldwinhardware.com.



Pendant Jewelry

The blue on the interior adds a subtle hit of color. **Hamilton light fixture**, by Michael Amato, in Hewn Brass, urbanelectricco.com.



Growing Trend

This **Versailles planter** was inspired by the ones used in Louis XIV's Orangerie. In Jade, from \$495, frontgate.com.

3

MODERN

"Don't underestimate the impact of the slightest design gesture," says Kevin—particularly when it comes to modern homes, which tend to have clean lines that highlight every detail. For example, spend time choosing the house numbers: "It's amazing how they can transform a house."



Bold and Beautiful

"The pop of red feels very 'modern art' to me," says Kevin. **Paint (door)**, in Dix Blue No. 82, us.farrow-ball.com. **Paint (house)**, in SW7018 Dovetail, sherwin-williams.com. **Paint (accent)**, in 1323 Currant Red, benjaminmoore.com.



Stick Figures

A modern home calls for sleek lines. **Elevated nickel numbers**, 5", \$6 each, homedepot.com.



A Cool Grip

This set is forged and polished by hand. **Atlanta entrance trim**, in Polished Nickel, \$550, baldwinhardware.com.



Angle of Repose

Made of recycled plastic, this chair is a clever update on a classic design. **Adirondack chair**, in Red, \$450, dwr.com.



Light Box

The translucent glass gives off a soft light. **Union Filament milk-glass narrow sconce**, in Polished Nickel, \$259, restorationhardware.com.



Sole Mate

"A great alternative or supplement to a doormat," says Lorna. **Wooden foot scraper**, \$145, rejuvenation.com.



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†BLUE Naturally Fresh litter is biodegradable if composted or disposed of in a similar fashion. Landfill disposal of litter in plastic bags is not conducive to biodegradation.



From left: Heuchera 'Ruby Veil,' Artemesia, blue oat grass, and Angelonia bring cool color to a sunny spot. Heuchera 'Caramel' takes to the shade with maidenhair fern and lilyturf.



Saved by the Bells

Coral bells are the shining stars of today's trend toward native plants in ornamental gardens. And with a wide range of colors and forms suitable for every region, these varieties make it easy to cultivate dynamic plants that are both sustainable and beautiful.

PHOTOGRAPHS BY JENNIFER CAUSEY

JUST A DECADE AGO, *Heuchera*, also known as coral bells, didn't do much to get a gardener's heart racing. The old-fashioned varieties of this native North American genus are easy to grow and also reliable, but hardly a plant to get excited about. These days, however, thanks to the efforts of plant breeders including Terra Nova Nurseries of Canby, Oregon, coral bells have become splashy with color and are able to thrive in just about any garden: in sun and shade, heat and cold, poor and rich soils—even crevices and containers.

How did *Heuchera* become such an all-star? According to Chuck Pavlich, director of Terra

Nova's new product development, "genetics is the key." Bred from seven distinct species native to the continent, *Heuchera* comprises an assortment of plants with showy, long-lasting foliage that hugs the ground in a tidy, bunched set below spring and summer spires of pink-, red-, or cream-colored flowers.

Not to be overlooked is elegant *Heucherella*, a cross of *Heuchera* and *Tiarella* that possesses the versatility of *Heuchera* with the bonus of being rust-resistant and having more distinctive leaf patterns. Gardeners can now count *Heuchera* and *Heucherella* as go-to ground covers to mix with

companion plants such as hellebores.

They can also serve as bold extensions of a color theme: The eye-poppingly red 'Cherry Cola' holds its own alongside the reddest rose, while black-veined, silver-leaved 'Glimmer' broods elegantly beside a blue hosta. Varieties such as the frisée-like 'Lime Ruffles' can provide texture and make a fine contrast amid a carpet of ivy or myrtle. Those with repeating flowers, such as the salmon-pink-hued blooms of 'Bella Notte,' are great for pots. With hundreds of cultivars, there's a *Heuchera* that can feel right at home in any garden, just as a native should. —Daryl Beyers

notebook

spring living

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DARK STARS

With colors that range from muted to broodingly romantic, these *Heuchera* and *Heucherella* ('Tapestry' and 'Glacier Falls') can stand up to the sun and heat of southern summers and the chill of northern winters.

1. 'Bella Notte' Velvety black leaves are highlighted by salmon-pink blooms that repeat.

2. 'Midnight Rose' Variegated black leaves have pink splashes that morph into creamy white.

3. 'Forever Purple' Setting a new standard for purple *Heuchera*, this 2014 release has flushed leaves that hold their color year-round.

4. 'Frost' This silvery charmer's burgundy veins turn deep red by season's end.

5. 'Glitter' An ornate cloisonné pattern of silver with black veins adds drama.

6. 'Tapestry' Cut green leaves with a chocolate-inlaid veining mark this heat- and humidity-loving *Heucherella*.

7. 'Blondie' This dwarf plant has caramel foliage and creamy yellow flowers that bloom from spring through summer.

8. 'Cherry Cola' Its color lives up to its name; its leaves change tones through the season.

9. 'Peppermint' This miniature *Heuchera*'s abundant silver-and-green leaves fill pots fast.

10. 'Glacier Falls' Blue-green with dark veins and a silver veil, it's a trailer ideal for hanging baskets.



LIGHT AND BRIGHT

These lighter-hued *Heuchera* and *Heucherella* ('Buttered Rum,' 'Solar Power,' and 'Solar Eclipse') will thrive in shady spots, where their vibrant tones add welcome touches of color.

1. 'Southern Comfort'

This cultivar, a combination of three strong species, performs well nationwide.

2. 'Georgia Peach'

In fall and winter, a silvery overlay becomes a frosted veil over rose-purple.

3. 'Buttered Rum'

The colors maple and caramel combine for an unforgettable look with top performance.

4. 'Solar Eclipse'

Year-round foliage of red-brown bordered in green means this hale plant is a natural evergreen.

5. 'Marmalade'

A healthy dose of the species *Heuchera micrantha* creates shades of umber to sienna for a ruffled-foliage standout.

6. 'Electra'

Red veins that intensify as the season cools ignite this stunner's golden leaves.

7. 'Solar Power'

With a cascade of red-splashed yellow-gold leaves, this one is the exception to the rule, taking the heat and sun that other *Heucherella* shun.

8. 'Ginger Ale'

Ginger-yellow tops and light-pink undersides provide good contrast with dark varieties.

9. 'Lime Ruffles'

Its ruffles resemble frisée, with a silvery overlay of veining.





ADD A DASH OF STYLE

The quickest and easiest way to incorporate splashes of color or unexpected bits of personality in the kitchen is to swap out your old dish towels for some new ones. Just in time for spring, here are nine of our favorites, which are as good-looking as they are hardworking.

PHOTOGRAPH BY BRYAN GARDNER

1. City and Country

This set of bright, colorful cotton towels—one showing rows of houses, the other a grouping of trees—adds cheery notes to the kitchen. *By Danica Studio, 20" by 30", \$18 for a set of 2, gretelhome.com.*

2. Pattern Play

Available in a variety of graphic prints and colors (e.g., orange and hot pink), Studio Patro's heavy-duty linen towels get softer with each use. *18" by 26", \$24 each, ebay.com/americanmade.*

3. In the Navy

Multipurpose cotton waffle-weave towels are highly absorbent and can tackle nearly every task in the kitchen. *By Martha Stewart Collection, 20" by 30", \$17 for 3, macy's.com.*

4. Light as a Feather

Fresh and modern, this hand-woven linen cloth can double as a chic napkin. *18" by 28", \$17, canavashomestore.com.*

5. Arbor Ardor

Designed in Portland, Oregon, the yellow-and-gray linen towel is hand-screened using water-based inks. *By Topher Sinkinson and Rob Halverson, 18" by 24", \$28, makelike.com.*

6. Earthly Delights

Swedish design duo Edholm-Ullenius's cotton towels feature sweet illustrations from the garden. *By Klippan, 18" by 28", \$21 each, huset-shop.com.*

7. Checkmates

Luxurious plaid overdyed linen cloths make excellent hostess gifts. *By Charvet, 20" by 29", \$28 each, abchome.com.*

8. Everyday Poetry

William Carlos Williams's beloved verse is screen-printed on this cotton towel. *By Urban Bird & Co., 28" by 28", \$16, food52.com.*

9. A Fine Line

The handmade khadi-linen towels are stonewashed, so they're extra-supple—ideal for drying crystal and fine china. *By Caravan, 28" by 30", \$44 for 2, couleurnature.com.*

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GROW YOUR LIBRARY

"I am an avid gardener, and I love constant inspiration," says Martha. "I look at every new garden book with the hope that I will get a few ideas that will affect the way I plant, grow, design, and nurture my own personal gardens." We, like Martha, can't get enough garden books—especially during the winter months as we plan our own plots. Here are 12 favorites, classic and newly published, that every green thumb should have on hand.

PHOTOGRAPHS BY
MIKE KRAUTTER

THE
CLASSICS



In Full Bloom
Visions of Paradise
is filled with large
photos of stately
gardens, like this one
at Hidcote Manor.

1.

Visions of Paradise
(Stewart, Tabori & Chang, 1985)

Including such gems as England's Hidcote Manor and California's Huntington Botanical Gardens, Marina Schinz's masterful book showcases exquisite cultivated landscapes of Europe and America. \$50, abebooks.com.

2.

Dirr's Encyclopedia of Trees & Shrubs
(Timber Press, 2011)

Horticulturalist and tree-and-shrub expert Michael A. Dirr has put together an exhaustive A-to-Z of more than a thousand plants, complete with color photographs and detailed growing tips. \$80, bn.com.

3.

The Explorer's Garden
(Timber Press, 2009)

Modern-day adventurer and naturalist Daniel Hinkley travels around the world to scout new species. In this volume, he presents rare and unusual perennials he has encountered on his expeditions. \$25, timberpress.com.

4.

The Essential Earthman
(Indiana University Press, 1981)

In this witty, irreverent, endlessly entertaining collection of his columns for the *Washington Post*, the late Henry Mitchell eloquently conveys the trials and triumphs of gardening. \$14, abebooks.com.

5.

The Garden Primer
(Workman, 2008)

Barbara Damrosch wrote the go-to gardening handbook. In her easy-to-follow instructions, she offers sage advice on everything from essential tools to best sustainable practices to how to grow edibles. \$19, workman.com.

6.

The Wild Braid
(W. W. Norton, 2005)

"All my life, the garden has been a great teacher in everything I cherish," writes the late Pulitzer Prize-winning poet Stanley Kunitz in his beautiful meditation on nearly a century of life spent digging in the soil. \$19, amazon.com.



THE NEW
FAVORITES

1.

Flora Illustrata

(New York Botanical Garden/Yale University Press, 2014)

The NYBG has one of the biggest libraries of botanical works, and this lovely tome reproduces some of the pages from those rare books, as well as illustrations dating back to the 12th century. \$50, nybgshop.org.

2.

The Gardener's Garden

(Phaidon, 2014)

More than 250 stunning gardens by the world's top landscape designers, past and present, are collected in this comprehensive and informative—not to mention gorgeous—coffee-table book. \$80, phaidon.com.

3.

The Garden at Stonefields

(Penguin, 2013)

Celebrated Australian garden designer Paul Bangay takes readers through the grueling process of designing and building a new estate that houses a potager, formal lily-pond garden, and rose garden. \$100, amazon.com.

4.

Weeds of North America

(University of Chicago Press, 2014)

Richard Dickinson and France Royer's encyclopedic guide presents detailed information on more than 600 weeds, including photographs of various stages of growth. \$35, indiebound.org.

5.

Attracting Beneficial Bugs to Your Garden

(Timber Press, 2014)

Jessica Walliser lets readers in on the secrets to a garden that buzzes with activity. Her profiles, on the insects that fight pests and the best plants for attracting them, offer clear, practical tips. \$25, bn.com.

6.

Sissinghurst

(St. Martin's, 2014)

For 10 years, Sarah Raven lived at Sissinghurst, "one of the most heartrendingly beautiful" gardens in England. As she tells its origin story, she adds her voice to that of the garden's creator (and her husband's grandmother), Vita Sackville-West. \$35, bn.com.

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MARCH

PHOTOGRAPH BY NGOC MINH NGO

Fresh
Ideas in
Bloom



photographs by
GABRIELA HERMAN
text by
MELISSA OZAWA

UNCOMMON BEAUTY



FIG. 1

Paris japonica

Sue Milliken and Kelly Dodson's **PASSION FOR PLANTS** has taken them around the world and back. At their Port Townsend, Washington, nursery, **FAR REACHES FARM**, they offer an impressive collection of **RARE SPECIES**, including the colorful, shade-loving plants showcased on these pages.



FIG. 2

Meconopsis 'Lingholm'

FIG. 1 | Native to the mountains of Japan, this extremely rare plant is beloved for its large, showy white flowers, which emerge above umbrella-like foliage in late spring and summer. The trillium relative is of great interest to scientists, as it has one of the largest genomes ever found, containing 50 times more DNA than the human genome. Although it's a challenge to propagate the plant, Dodson and Milliken hope to be able to offer it for sale in the near future.

FIG. 2 | The color of the Himalayan blue poppy is as clear and blue as the sky on a cloudless day. This uncommon specimen, which blooms in May and June, can grow in the northern reaches of the U.S.; it doesn't like summer heat or high evening temperatures and requires a good winter chilling. Dodson and Milliken plant *Meconopsis* in raised beds that are mulched with composted manure in dappled shade. "We don't let them dry out," says Milliken.



ON FERTILE GROUND

Clockwise from top left: Dodson and Milliken propagate their own plants and use a soil blend that they spent years carefully developing: "We have created the mythical moist-but-well-draining potting soil," Dodson says; here, *Astilboides tabularis* seedlings grow in the greenhouse. The nursery, shown here in late spring, has become home to a wide variety of wildlife, such as frogs, salamanders, and birds including killdeers and Brewer's blackbirds, which have nested there for many years. Milliken holds a pot of a variegated *Mahonia nervosa*, an evergreen shrub native to the Pacific Northwest. Dodson and Milliken planted a living roof on a gazebo (a gift from a client) with a variety of sedums and delospermas. **Opposite:** "We're both shade gardeners at heart," says Milliken. The duo planted a beautiful display garden at Far Reaches Farm to showcase and test their plants, including the yellow-green *Hakonechloa macra 'Aureola'* and the bamboo-like *Polygonatum verticillatum*, left; the three-leaved *Trillium grandiflorum 'Flore Pleno'*, right; and, just above it, *Gentiana asclepiadea 'Whitethroat'*. The tall shrub *Rhododendron hodgsonii 'Affinity'*, featuring leaves with brown undersides, stands at the end of the path, which is made up of hazelnut-shell mulch. "A journey through the shade garden is a journey of discovery," says Dodson.

“IT behooves the plant hunter to search every nook and cranny, to climb every ghyll, to explore every corry and crag, to prowl round every escarpment he cannot climb; the search is long, but well, well worth while,” writes the iconic 20th-century English plant hunter Frank Kingdon Ward in *In the Land of the Blue Poppies*. Sue Milliken and Kelly Dodson, the owners of Far Reaches Farm nursery, in Port Townsend, Washington, who consider Kingdon Ward a hero, know this firsthand. At least once every year, they take time away from their nursery to seek out unusual plants. They have climbed mountains, faced extreme weather conditions, and even encountered machine-gun-toting rebels as they’ve ventured the globe—from Bhutan to China, North America to India—all on the quest for exciting new specimens. “We are basically a wannabe botanical garden,” says Milliken.

Equipped with all the necessary permissions and USDA permits, they do extensive research of each area’s plants before they travel. Then they collect “everything and anything that could be botanically relevant and viable in a nursery,” says Milliken. However, they are mindful as they gather. “If a plant looks like it has invasive potential—for example, if it is covering a whole hillside—we won’t collect it,” she says. They evaluate the plants they bring back to

make sure they are “garden-worthy” (beautiful, colorful, and unique, yet adaptable to growing conditions in the U.S.) before offering them for sale at the three-acre nursery they opened in 2003. While they focus mainly on varieties that grow well in the Pacific Northwest, they have expanded their scope since developing a wider, national audience through their mail-order business. They also trade plants with other nurseries and share their finds and field notes with botanical gardens, botanists, and collectors—all in the interest of plant preservation. “Our nursery is like a botanical ark, in a way,” says Dodson. “We’ve got so many plants here that are threatened that we’re trying to save.”

Their expeditions are not only about species discovery. “Sometimes just observing a plant in its habitat is great enough,” says Dodson. He describes the thrill of walking through a mature forest of 70-foot-tall rhododendrons in Nagaland, in northeastern India: “It’s just so amazing. You forget all about the number of leeches you have on you,” he recalls. It’s exactly this zeal for plants that makes Far Reaches Farm (farreachesfarm.com) so special and keeps its local and mail-order customers (Martha among them) eager for more. “I think our diverse selection reflects not just our passion for plants, but also the fact that we are students of them,” Dodson says. “There is always something to learn.”





FIG. 3

Cardiocrinum giganteum

FIG. 3 | This relative of the lily can take up to seven years before producing a flower, but it's well worth the wait. Large white blooms, on stems that can reach 12 feet in height, are tinged with burgundy in the center, and are so fragrant in the evening that they can perfume an entire garden. Hardy to Zone 6A, this gorgeous plant, native to the Himalayas and western China, does best in rich, moist soil in part shade. | **FIG. 4** | "The green filamentous flowers are curiously lovely and remain so from May to fall, when the large central 'berry' splits open to reveal the very showy orange-red seeds," says Milliken. A mature plant of this vigorous variety can produce dozens or more four-foot-tall flowering stems each year. | **FIG. 5** | Dodson and Milliken collected the seeds

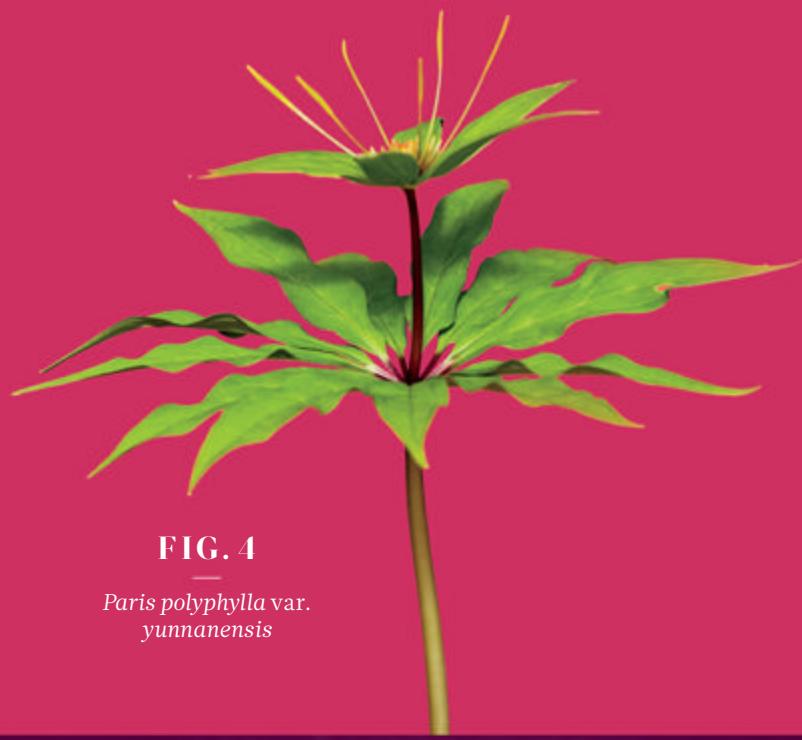


FIG. 4

Paris polypylla var.
yunnanensis



FIG. 6

Primula prolifera
and *P. wilsonii* var.
anisidora



FIG. 5

Nomocharis pardanthina

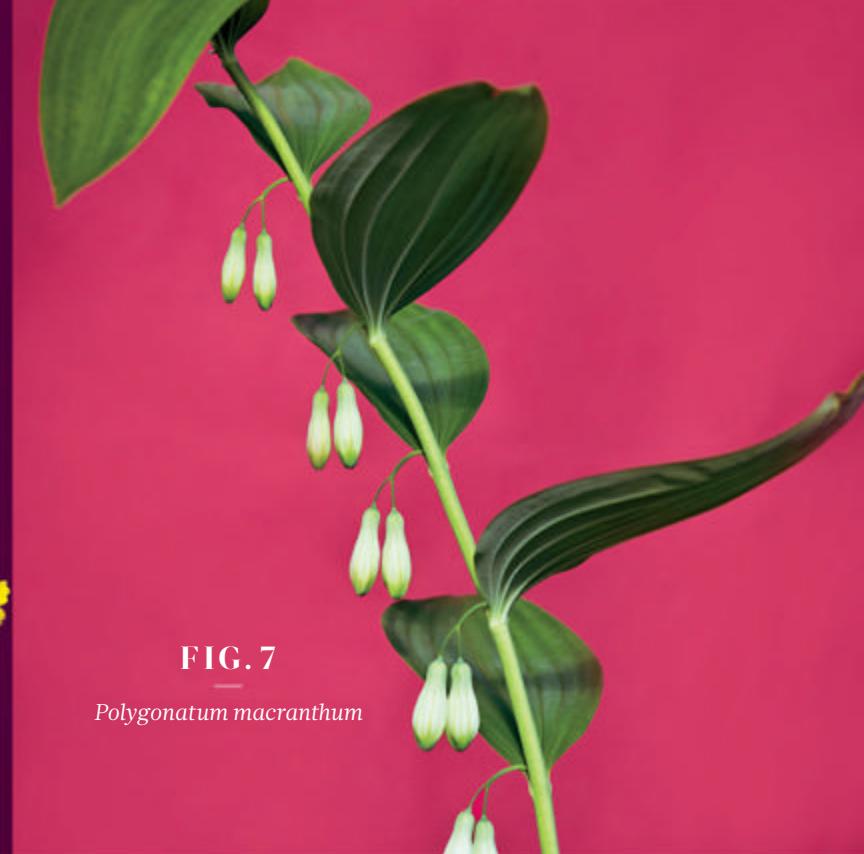


FIG. 7

Polygonatum macranthum

for these plants when they were trekking halfway up China's Cangshan Mountains. "You could look down and see the famous three pagodas of Dali," Dodson recalls. The fringed flowers emerge pink before maturing to purple-flecked white. They prefer a cool location in part shade or with morning sun.

| FIG. 6 | Primroses such as these two grow best in rich, boggy areas. *Primula prolifera* produces rings of yellow blooms in May and June, and self-sowing *Primula wilsonii* var. *anisidora* features deep-magenta flowers. | FIG. 7 | This unusual variety of Solomon's seal can reach five to six feet in height. In late spring, large bell-like white flowers appear on arching stems, followed by blue-black fruits "dangling like pearls," Dodson says.



FIG. 8

Podophyllum delavayi

FIG. 8 | The distinctly lobed large foliage looks like it's been splattered with purple and red paint. "It's really just one of the most dramatic foliage plants you can have—a kaleidoscope of color," says Dodson. Hardy to Zone 6, this shade-loving, deer-resistant perennial can reach two feet in height when mature. In late spring, it produces bright-red blossoms beneath the foliage. "A lot of times you don't notice the flower until you part those great big leaves and see, hiding underneath, these amazing red flowers," he says. Established plants will send out shallow stoloniferous roots that, when cut, will form a bud and create a new plant.

FIG. 9

Nomocharis aperta



FIG. 9 | First introduced commercially in the early 1900s, *Nomocharis aperta* is still surprisingly uncommon in the nursery trade. “Just because something is rare doesn’t mean it’s difficult to grow,” Milliken points out. “It could just mean that it takes longer to propagate.” These plants derive from seeds the pair collected while on an expedition in China in the late 1990s. They were unaware of exactly what lily relative they had when they picked it up, but they were thrilled a few years later, when it flowered, to discover it was a *Nomocharis*. Grown in a cool, shady spot, this lovely bloom will produce several pink flowers on each three-foot-tall stem and is hardy to Zone 5.

Produced by Melissa Ozawa

LESSON ONE

TEXTILES FIRST

For Gambrel, there is no chicken-or-egg debate when it comes to a room's palette. "Start with the textiles—always," he says.

"Then the paint colors, which push the color story a little further." The palette for this library, for instance, was inspired by shell-pink porcelain vases, *bottom center*. It was only after the pink and teal textiles were selected that Gambrel turned to the paints, ultimately deciding on light-gray walls and a peacock blue for the trim, mantel, and bookshelves.

"A darker color for the trim defines the edges of a room in a nice way."



LESSONS IN COLOR



The most versatile and impactful tool a decorator has to work with is color—and few understand this better than **Steven Gambrel**. The renowned interior designer explains the fine art of using color strategically, in both bold and nuanced gestures, throughout your home.

CONSIDER THIS YOUR MASTER CLASS IN COLOR.



Martha has long admired the work of interior designer Steven Gambrel. When she met with the esteemed New York City-based decorator recently, they had a lively discussion about a subject central to the work of any decorator—indeed, to anyone interested in enhancing the spaces they love. They discussed color.

Gambrel has a degree in architecture, but almost immediately after graduation he turned to interior design. Still, his training is evident in what he creates as principal of S. R. Gambrel Inc.—and especially *how* he creates. He designs with a room's proportions and architectural details in mind, and instead of employing brick, mortar, and steel, he uses color—in textiles, artwork, wall paint, and more—to construct interiors that feel at once timeless and modern (like the Sag Harbor, New York, home he designed for clients that is featured on these pages). He attributes his mastery of color to being unafraid of bold gestures: “If you don’t take risks, you end up with watered-down results.”

According to Gambrel, the key is to think beyond paint. “Sometimes people will ask me what colors to choose for their walls, and I have no idea how to direct them, because it’s really difficult to build a storyboard without a full story,” he says. Details—the welting on a pillow, the pattern on an armchair, the type of molding on the walls—all inform his palette and design decisions. “So a throw pillow, for instance, may seem like a tiny detail that can be skipped, but that’s how you can get the whole story. It’s these little defining moments that make the room come together”—and in the case of Gambrel’s work, come together beautifully.

LESSON TWO

HIGHLIGHT ARCHITECTURE

“Use color to help make the architecture the best it can be,” says Gambrel. Here, he added drama to the hand-painted wallpaper in the living room by choosing a historic-looking coach green for the original 1835 doors, which stand in stark relief against light-gray frames. “I think dark doors are a great way to define a door as architecture,” he says. Along the same lines, he recommends treating “the mullions on a window differently from the frame on a window, differently from the walls,” as shown, *far left*.







LESSON THREE
CONSIDER
THE
LIGHT

Because this bedroom doesn't get much light, Gambrel chose a dusky palette for it. "No matter how lightly you painted it, it would appear dark because of how natural light comes into the room. So why not make it dark?" he says. (A satin finish was chosen for its light-reflecting properties.) He emphasized the handsome fireplace mantel, salvaged from another house, by having it painted entirely in a dark blue-gray that stands out against the paler-blue walls.

LESSON FOUR

UNIFY ROOMS

"There's usually a color thread that runs through the homes I design," says Gambrel. For instance, despite different palettes, there is still a sense of cohesiveness in this Sag Harbor home, thanks to certain color themes: Every interior door is painted the same saturated dark green, and a few big-impact colors recur in multiple rooms. Here, the hits of teal in the bedroom's artwork, bedding, and lamp refer to the vibrant peacock blue that's so prominent in the library.





LESSON FIVE

HANDLE WITH CARE

“Don’t use color as a weapon or as an irreverent way to create a point of view,” warns Gambrel. “I would be hard-pressed to paint a room a strong color just because I like it.” Instead, use a bolder color discriminatingly. In the kitchen, as an example, Gambrel made the muted gray palette (inspired by the room’s reclaimed Italian-marble floors) more youthful and “zippy,” as he puts it, by adding red chairs and a red-edged pillow that reference the tomato color in the library. The effect isn’t exactly balanced but is nonetheless considered.

BEHIND THE PALETTES

INTERESTED IN REPLICATING GAMBREL'S COLOR SCHEMES IN YOUR OWN HOME? WE DETAIL THE PAINTS HE WORKED WITH AND OFFER PAINT SUGGESTIONS FOR THE UPHOLSTERY ACCENTS HE CHOSE.



RICH AND SUMPTUOUS

"The peacock blue has a hit of deep green that makes it more exciting and unexpected than a pure blue. It also reacts very well to the warm tone of the salmon. The peacock trim and gray walls could have been reversed, but I wanted to see the pieces that I was trying to express—the mantel and the bookcase—in a strong color," says Gambrel.

CLASSIC AND ELEGANT

For the living room, Gambrel selected a light-gray trim to frame the tobacco-yellow wallpaper. "I used blue because it's an inviting color against the parchment shade of the wall murals," he says. Rather than a pure black, he opted to go with a dark green for the antique doors: "It feels historic and has more depth."

CALM AND COLLECTED

Gambrel brushed a deep blue-gray on top of a paler base coat for a subtly textured *strié* effect on the bedroom walls. In lieu of a stark white, a soft gray was used on the sloped ceiling. "We wanted something soothing here, not high-contrast," he says. "The blues are neither too masculine nor too feminine, and they work well with strong architecture."

FUN AND VIBRANT

The challenge of a gray palette is that it can feel cold. Gambrel turned the kitchen into a more family-friendly space by scattering wooden pieces throughout the room and punctuating the somber shades with bright-red chairs. "Red activates the space. At the same time, it helps calm the chaos of cooking ingredients and toys," he notes.

**PENNE RIGATE
WITH
ARUGULA-ALMOND
PESTO**

Create a colorful yet minimal palette with emerald-green arugula. The peppery greens do double duty: First, they're blended with garlic, Parmesan, lemon juice, and toasted almonds for the sauce. Then, whole leaves are scattered over the finished dish. The penne's ridges and hollow center help capture the sauce—the better to taste it, too.



**PASTAS THAT
POP**

Bursting with color, from single shades to the full spectrum, each of our spring pastas is a lavish treat for the eye, yet still super-simple to pull together.

photographs by
JOHNNY MILLER

**ROASTED
PEPPERS
WITH
SPAGHETTI
STUFFING**

Fiery-hued roasted red, yellow, and orange peppers are stuffed—and not with the expected combination of rice and meat. Instead, we swapped in a crafty spin on pasta puttanesca: flavorful bits of capers, anchovies, red onion, and fresh oregano leaves. For the most attractive dish, choose firm peppers with a glossy surface (these will also be easiest to peel), and avoid those with blemishes or soft spots.

>> For recipes,
see page 118.





**GEMELLI
WITH
RED CABBAGE,
BEET,
AND
PROSCIUTTO**

Beets—one of nature's food colorings—are an easy way to brighten a pasta dish, turning it a brilliant hue. A generous cup of red wine also contributes to the color scheme while adding full-bodied flavor to the combination of gemelli with savory-sweet beet, thinly sliced prosciutto, and crunchy red cabbage. Twisty, chewy gemelli is a hearty equal to its companions in this substantial blend.

MAFALDINE
WITH
SHRIMP
AND
LEMON

Scalloped-edged mafaldine (also called manfredine) swirl around plump pink shrimp, creating a more refined, more visually appealing dish than garlic-laden scampi. Wherever there's mild, there also should be a little wild; here, there's the fire of red-pepper flakes and a squeeze of lemon as finishing touches. And a couple of secret weapons to boot: A stock that incorporates the shrimp shells (which are later strained from the liquid) gives the dish a true taste of the sea, and lemon slices in the pasta water add extra brightness.





CALAMARATA
WITH
ROASTED
EGGPLANTS,
TOMATOES,
AND
OLIVES

Little circles of pasta intermingle with a riot of colors: deep-purple eggplants and olives, bright red and orange cherry tomatoes, and rich-brown sausage, with the whole ensemble punctuated by vividly green basil leaves. This is a hearty, classic Italian combination of ingredients that satisfies meat lovers and vegetable fans alike.

**ORECCHIETTE
WITH
CARROT-
HAZELNUT
PESTO**

This is no everyday pesto, but an earthy, delicately sweet, coarsely textured raw-carrot-and-toasted-hazelnut blend. Its sunny orange lights up the table. Gently rounded orecchiette (Italian for “little ears”) is a traditional pasta of Puglia, seemingly tailor-made for cradling pesto and other sauces.



Created by Tanya Graff,
Lucinda Scala Quinn, and Jaspal Riyait
Text by Nanette Maxim

Royal Treatment

Yellow-and-gray floral linen gets a fresh update with bright royal-blue accents. Wool embroidery yarn has a substantial feel that gives the stitching a nice weight and depth. We used running stitches and French knots (see page 101 for how-tos). When you embroider with wool yarn, the technique is known as crewelwork.

Lemongrass floral print, moodfabrics.com.



TACTILE TEXTILES

A blank canvas can be an intimidating place to start any creative endeavor—all that possibility can quickly turn to pressure. The decorative technique shown here lets you skip that “where do I begin?” stage and jump right in. Choose a piece of pretty patterned fabric and embroider over the design, highlighting selected details as you wish.

There's no sketching, tracing, or transferring, just simple stitching.

A few lines created with needle and thread completely transform the fabric, adding texture and dimension. The embellishments change the style and color scheme of a material, making it look and feel luxurious (and much more expensive than it is). Try embroidery on pillows, hand towels, table linens, and other home accents—preferably those that you touch and can appreciate up close.



PHOTOGRAPHS BY NGOC MINH NGO

Pillow Talk

The addition of rich colors turns this otherwise subtle print into a bold, attention-getting pattern that can anchor a room.

The pillow's large-scale botanicals are outlined with silk-and-wool thread—which has a soft sheen—in two shades each of blue-gray and red. The chain stitch is excellent for stems, while the satin stitch can fill in larger areas, like the petal outlines.

Nobellese bleached linen-viscose, bandj fabrics.com. Velvet pillow, in Citron, pehr designs.com. French Stripe chair, by Ralph Lauren, abchome.com. Haruki sisal wallpaper, in Charcoal, fschumacher.com.

► marthastewart.com/three-ways-to-make-a-pillow-cover
How-tos for homemade pillows.



Blushing Beauty

Gray accents tone down the intensity of a pink-and-more-pink print, making it versatile and decidedly sophisticated. We used hand-dyed wool thread in dark and light grays, each with subtle variations in shading.

HL Ceylan linen,
bandifabrics.com

Stamps of Approval

Instead of starting with a patterned fabric, print your own with a bloom or two for a more understated effect:

Use a rubber stamp to transfer a flower onto a hand towel (or other textile). Choose your fabric ink carefully, because the color will be part of the finished design. Embroider over part of the pattern—we used the stem stitch and French knots—and let the ink show through in other areas.

Futagami brass towel bar, in Large, dargitane.com. **Fassia tiles**, in Green and Black, mosaichse.com.

Rubber stamps (similar to shown), paperpresentation.com.



Small Wonders

Sachets filled with dried lavender require little in the way of fabric or time, making them the perfect way to play with the stitching techniques before moving onto a bigger project. Chain-stitched chartreuse wool thread pops on a white-and-gray print, top left; two sachets, top right and center, have rubber-stamped designs highlighted with

blue embroidery floss. Graphic prints invite embellishment as much as florals: Blocks of red satin stitching float between blue stripes, bottom.

Bologna linen (top),

bandifabrics.com.

Sapphire-and-ivory-striped fabric (bottom),

moodfabrics.com.

Stamps (similar to

shown),

paperpresentation.com.



Feather Your Nest

Almost like a child's coloring book, a black-and-white print comes to life with the addition of a few hues. The bird is worked in stem stitch and the leaves in satin stitch; both were done with hand-dyed wool thread.

HL-Pastorale black-and-white linen, bandjfabrics.com.



NICE THREADS

Several kinds of embroidery thread are available, and it's important to choose one with a weight that suits the weight of your fabric. A thick thread could pucker a thin fabric, for example. For most of the projects here, we used upholstery fabric, which is substantial in weight. We wanted our design to be raised, so we employed thicker threads. The silk-and-wool thread we used has a nice luster and multiple strands that can be divided to create lighter weights; the red, gray, and dark blue shown here are examples. Hand-dyed wool yarn has pleasing variations in color (as in the pink and pale blues shown here). The most familiar embroidery floss is cotton floss, which consists of six thin strands that can be divided. Using two or three strands is standard for average woven fabrics, such as the dish towels on page 97. The resulting designs are delicate.

Trio silk-and-wool needlepoint thread, by Brown Paper Packages, \$5.50 a skein, annieandco.com.
Koigu premium merino needlepoint yarn, \$3.75 a skein, purlsoho.com.
DMC embroidery floss, 39¢ a skein, michaels.com.

EMBROIDERY BASICS

Here's what you need to know to embellish fabric with textured designs. Our ideas are only a start—experiment with colors and stitches to create different effects. If you don't like the result, you can always take it out and try again.



Hoop Dreams: Essential Supplies

1. Embroidery hoop

This holds the fabric taut to allow for even stitches. Very heavy or stiff fabric may not fit into a hoop but has enough "body" for you to work without one.

2. Needles

These may be called embroidery, crewel, or millinery needles. Match the needle to the thread and the fabric: For example, use a thicker needle with a larger eye with thicker thread on heavyweight fabric.

3. Embroidery scissors

These small, sharp scissors give you control when you're snipping threads.

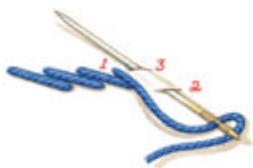
IN STITCHES

We used five classic embroidery stitches for the textiles on these pages.



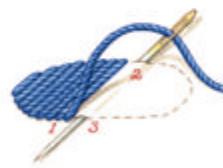
Running Stitch

The simplest of stitches, this can make a "dotted line," or you can modify it and make individual stitches side by side, as we did for the blue flowers on page 94. Insert needle from wrong side to right, then reinsert nearby, making stitches and spaces even in size.



Stem Stitch

This creates a ropelike effect that is—no surprise!—good for flower stems and other lines. Insert needle from wrong to right side, coming out at 1. Insert needle at 2 at a slight diagonal and pull through at 3 (halfway between 1 and 2). Repeat stitching, keeping thread on left side of needle and making sure stitches are same length.



Satin Stitch

Made at an angle or straight across, these side-by-side stitches can fill in outlines. Insert needle from wrong to right side, coming out at 1. Insert needle at 2, and pull it back through at 3, right next to 1. Keep stitches tight and flat to ensure a smooth finish.



French Knot

These little raised dots can be used on their own or clustered to fill in an area. Insert needle from wrong to right side. Keeping thread taut with one hand, use other hand to wind over needle twice, 1. Reinset tip of needle into fabric, as close as possible to where it emerged, 2. Before pulling needle through fabric, pull thread tight so knot is flush with fabric. Pull all the way through to finish knot, 3.



Chain Stitch

The chain stitch is good for stems and lines, but it's thicker and more textured than the stem stitch. Insert needle from wrong to right side, coming out at 1. Making a loop, insert needle next to 1. Come out again at 2, holding thread under needle as you pull tight. Insert needle again next to 2 (inside new link) and continue.



THIS PAGE

A boat motif rendered in tile greets guests at Navy, a seafood-and-vegetable-centric restaurant in downtown Manhattan. In the morning, this bar serves coffee and fresh juices. By afternoon, the offerings change to include oysters, clams, and sea urchin. Behind the bar is a folding train sink, one of the intrepid owners' many vintage finds that lends the space its celebrated charm.

OPPOSITE

A market salad with poached chicken, endive, radish, and greens is classic Navy—colorful, fresh, and flavorful.

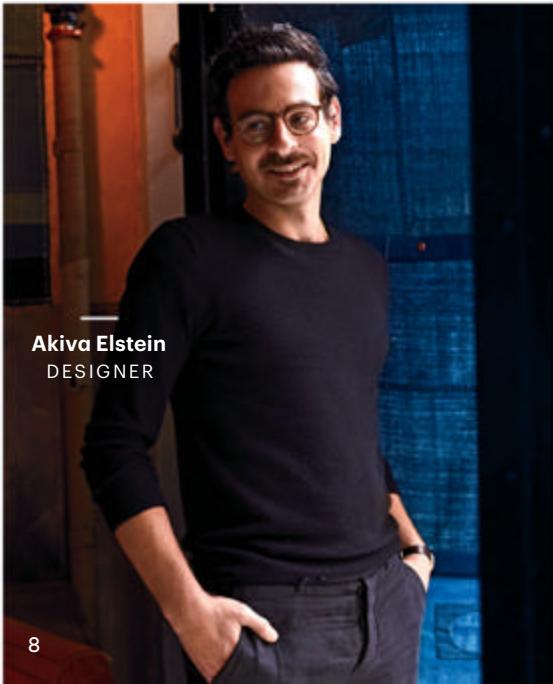
INTO THE BLUE

Set sail on a culinary and visual expedition at Navy, a welcoming New York City neighborhood restaurant with a maritime vibe. Nourishing food and singular style are served up in equal parts for breakfast, lunch, and dinner. Many of the ideas travel well, so you can be inspired to make them in your own home.



PHOTOGRAPHS BY
Gentl and Hyers







"I fell in love with materials that the military made and used around World War II," says Elstein of the inspiration behind Navy. "I wanted to do a seafood restaurant, so everything developed from there." The space is so comfortable and lived-in, it feels like it could have come together organically. But it takes a lot of skill to make something appear this effortless. Elstein has mixed materials—fabric, leather, and various metals—with a careful hand for truly considered results.

OPPOSITE

1. Leather storage straps—a recurring detail—are snapped to the wall to hold magazines. "They maintain the utilitarian aesthetic, and the leather only gets better with age," says Elstein.
2. Flower arrangements by Taylor Patterson of Fox Fodder Farm, in Brooklyn, are loose and unconventional.
3. A custom-made two-tone table is a crisp, graphic touch among timeworn accents.
4. After he started collecting fabrics—including vintage military canvas and French linen—Elstein had a dream about covering walls with them. He brought the dream to life here; the fabrics bring texture, character, and a soothing color palette to the room. Copper lines the walls beneath; Elstein "aged" it (with a chemical treatment) to make it lustrous but not shiny.
5. More leather straps hold bottles of wine.
6. & 7. Curtains made from antique Japanese indigo hang in front of the windows at night; during the day, they are unsnapped and removed to let in natural light. Patchwork-style fabrics underscore a saved-and-salvaged philosophy.
8. "I'm pretty obsessed with the details," says Elstein.
9. Wider patches of leather hold menu cards.



Camille Becerra
CHEF

"The idea of food being both healthy and chic is important to me," says Becerra. In her cooking, she emphasizes fish, vegetables, and whole grains, and she devises her menus daily from farm and fisherman deliveries.

Two of my most stylish colleagues, gushing accolades for the design, invited me to scope out the food at Navy, an of-the-moment restaurant with an entirely original aesthetic. The name is a double entendre—evoking both the color and the military meaning—that serves as conceptual inspiration for this cool canteen, tucked along a quiet yet famous street in New York City's SoHo. Childhood friends and business partners Akiva Elstein and Matt Abramcyk have conjured a comfortable sailing-ship-meets-living-room atmosphere through the clever use of textiles, including salvaged tents and naval signal flags, and vintage lighting that envelops diners in a comfortable communal cocoon. "Although we have a maritime theme, I didn't want to overdo it or get gimmicky," says Elstein. "Depending on where you sit, you may not even notice it. You can come to the restaurant many times and still see things you haven't seen before."

The food from effervescent chef and partner Camille Becerra strikes a similarly distinctive note. She was greatly influenced by her experience as a young cook trailing a macrobiotic chef. "The philosophy that eating is a way of life has continued to inspire me and drive my cooking," Becerra says. She coaxes out the complexity within natural flavors, and performs a delicate balancing act of salty, sweet, sour, and spicy notes. She also employs pickling with abandon, for results that play on the palate with surprising juxtapositions of crunch and tang.

This team has hit upon the right formula for how people want to eat and hang out right now. Pop in anytime throughout the day—for a cozy breakfast pastry; a market salad for lunch; late-afternoon oysters and rosé; a dinner of fresh-caught fish, hanger steak, or vegetable dishes—and you'll find a vibrant spot, pulsating with warmth. An ease has taken shape here, as though Navy had been living on this block forever. —Lucinda Scala Quinn





THE FLAVORS OF NAVY

"Food is meant to fuel your body, heal it, and also provide your mind a moment of contentment," says Becerra. Those may be serious goals for a meal, but big flavor and a sense of playfulness are also high on the chef's list, as she combines ingredients in uncommon but uncomplicated ways. "Taking underutilized veggies and making them the star of a dish is a way to make food fun," she says. Becerra loves it when her diners are inspired to make something similar at home.

OPPOSITE

1. Becerra's egg bowl changes according to what ingredients are in season, but it is always a beautiful and healthful assemblage of whole grains, like this quinoa; vegetables, like these roasted carrots and radish; and savory yogurt, like this artful purple-tinged smear with ground sumac, a spice common in Middle Eastern cooking. A perfectly poached egg is served on top; Becerra has become well known for the teardrop shape (learn her secret on page 121).

2. Juices are a refreshing start to the day—from left, turmeric tonic, kale lemonade, and Concord-grape-and-purple-carrot juice.

3. A whole trout blanketed in puff pastry is irresistible and impressive—three ingredients never looked (or tasted) so good. Serve it alongside a quick puréed sorrel sauce with mint and capers. **4.** Tastes, textures, and colors combine for a dish that manages to be simple and complex at once: Purple cauliflower is roasted with chili powder for spice and agave for sweetness, then topped with flageolet beans, radishes, and pistachios. Lemon juice adds brightness.

THIS PAGE

A circa-1950s banquette from a bowling alley, paired with custom tables and vintage schoolhouse chairs, makes an intimate nook that encourages lingering. Industrial light fixtures shine toward the ochre walls for a soft, golden glow. "I use tons of lights," says Elstein. "There must be 50 light fixtures in the small space, all giving off a low, soft, attractive light."

>> For recipes, see page 119.



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There's no such thing as too much coconut in this showstopping coconut cake. Learn Martha's recipe, plus three others that highlight the region's culinary heritage: banana cream pie, spoonbread, and pecan tassies.

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ASK MARTHA

HOW DO I MAKE MY OWN COLORED PAINT WASHES FOR WOODEN SURFACES?

—Adam Okuley, Columbus, Ohio

A wash will add color without sacrificing the visual interest of the wood's texture; all you need to do is dilute paint with water. Start by adding one part water to two parts paint, and test the wash on a wooden swatch before working directly on your surface. If you want to see more wood grain, continue to add water. You'll notice that as the wash gets lighter, the tone of the wood's original color comes through. We took Martha Stewart Vintage Décor paints through three dilution stages to illustrate the differences.

PHOTOGRAPH BY YUKI SUGIURA

Q:

My pancakes always turn out too thin. Is there a secret to making them fluffier?

—Carly Rosenberg, Chicago

Flip your flapjacks lightly to preserve air pockets.



A: Actually, there are several tricks you can try. First, bring your wet ingredients to room temperature before using them; cold liquids and eggs produce soggy pancakes. Make sure not to overwork the batter when whisking wet and dry together—that develops the gluten in the flour, giving the pancakes a flat, gummy consistency. Finally, create more loft by folding a few whipped egg whites into the batter. For the full recipe and more answers to your cooking questions, check out Thomas Joseph's Kitchen Conundrum videos at marthastewart.com/pancake-conundrums.

Q: How do I clean my stainless steel teakettle?

—Danielle Sarbone, Dallas

A: Your kettle takes a beating when you keep it on or near the stove, where it's exposed to constant splatter and grease. To remove stains, add enough white vinegar to three tablespoons of baking soda to form a thick paste. Apply it with a soft rag or sponge and scrub until the stains disappear, then wipe the kettle with a damp cloth—and store it out of harm's way.



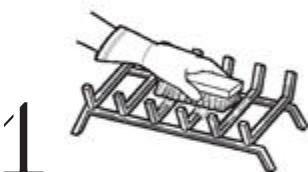
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No chemicals needed for this eco-friendly cleaning solution.

Q: I'm done using my fireplace for the season. How should I clean out the soot?

—Abbey Theban, Tulsa, Okla.

A: A quick going-over at the end of the season will keep your fireplace spotless until next winter. Start by shielding surrounding surfaces with a protective covering, like newspaper, to prevent soot from spreading. Then follow these steps from Scott Santel, store manager of the Home Depot in Maryville, Tennessee.



1
Remove andirons and grate. Add water to trisodium phosphate (TSP) powder to create a paste. Apply to andirons and grate and scrub with a nylon brush. Rinse completely with water; wipe dry.



2
Scoop out any leftover piles of ash and debris with a fireplace shovel and discard.



3
Scrub fireplace walls from top down with TSP paste and a dirt-removal sponge, such as the Dry Cleaning Soot sponge (\$33 for 12, homedepot.com).

Q: What is the best way to remove water-based-paint stains from clothing?

—Katie Burtzlaff,
Santa Monica, Calif.

A: While oil-based-paint stains are best left to professional dry cleaners, a quick reaction to water-based paints can make this a do-it-yourself job. As soon as you see a stain, remove the garment and rinse it immediately in warm water before putting it in the wash. Don't put the garment in the dryer until the stain is completely gone, as the heat will set it. And if a water-based splatter has dried before you notice it, you should rely on professionals, says Lorraine Muir, director of textile testing and research services at the Drycleaning & Laundry Institute. A dry cleaner has the stain-removal agents and tools needed to clean the fabric without damaging it.

Q: Which gluten-free pastas are the tastiest?

—Amy Spellacy, Upper Arlington, Ohio

A: As interest in gluten-free diets has risen, so has the number of appetizing alternatives to wheat pasta. We polled members of our test kitchen to find out their favorites, *below*. Each pasta type has a distinct flavor reminiscent of its main ingredient, so try tailoring your recipes to that base. For example, buckwheat soba noodles pair well with grilled eggplant, sesame, and soy. Fresh vegetables are a good match for sweet-corn noodles, and quinoa pasta is delicious with a meat sauce. Try roasted tomatoes and olives with rice, soy, and potato penne, and add a cheese sauce with bacon and peas to brown-rice spirals for a spin on classic mac and cheese.



Q: I'm a first-time fish owner. Any tips for tank setup?

—Kimber Rutledge,
Saint Charles, Mo.

A: Arranging your tank properly ensures that your pet has a smooth transition to its new home. Follow these steps from Stephen Zawistowski, science advisor emeritus for the ASPCA:

1. **Buy a 20-gallon tank.** Not only will your fish have plenty of room to swim, but it's easier to maintain healthy water conditions in a larger aquarium.
2. **Fish like to hide and have a place to relax.** Use plastic plants or other tank décor, such as a treasure chest, to add camouflage.
3. **You'll need a filtration system to keep the water fresh and eliminate waste.** Choose either an easy-to-clean filter that hangs on the tank's side or an invisible version that hides under the gravel (but is admittedly a little more trouble to clean).
4. **Fill the tank to one inch below the rim with tap water (65 degrees for goldfish; 78 for tropical fish).** Most fish thrive in water with a pH of about seven—neither acidic nor alkaline—so test the pH with a kit and use a chemical neutralizer to adjust the level. (Both are available at pet stores.) Then let the water sit for a few days before introducing your new pet.

WE WANT TO HEAR FROM YOU! Send your questions to Ask Martha, c/o Letters Department, *Martha Stewart Living*, 601 West 26th Street, New York, NY 10001, or to [askmartha@marthastewart.com](mailto:martha@marthastewart.com). Please include your full name, address, and daytime phone number. To reach Ask Martha at SiriusXM Stars, channel 109, call 866-675-6675 or e-mail radio@marthastewart.com. Letters and messages become the property of Martha Stewart Living Omnimedia Inc. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

CANINE COMFORT

You're not the only one who might appreciate an occasional smooch from your pooch. Why not spread the (unconditional) love around?

ILLUSTRATION BY TATSURO KIUCHI



MY DAD WAS NOT WHAT you would call a dog person. But one afternoon during the last days of his life, when he was confined to bed, uncommunicative, and clearly in pain, he began stroking my dog, Clyde. Did connecting with this warm, furry mutt comfort him in that moment? I'd like to think so.

Therapy dogs provide this kind of wet-nosed support every day. Man's best friend is particularly suited to the job. "Dogs are very intuitive," says Melanie Dunbar, president of Hope Animal-Assisted Crisis Response (AACR), a national nonprofit that oversees more than 200 canine teams. "They can break through what many people can't."

Unlike service dogs or emotional-support animals, which provide support to owners with physical or mental disabilities (and undergo

months or even years of specialized training to become certified), therapy dogs offer more basic TLC to all sorts of people in a variety of settings—hospitals, hospices, retirement homes, schools, prisons, and mental-health facilities, among other institutions—with shorter, more generalized training.

► Getting Started

Having a friendly pup is, of course, essential, but there are other prerequisites: Your dog must be at least one year old, and well behaved—not just at home but in public, where skateboarders and stray chicken bones may startle or distract him. "It's also important that your dog truly enjoy interactions with strangers," adds Mary Margaret Callahan of Pet Partners, a national nonprofit that trains and registers therapy teams.

Your enthusiasm is also crucial. Ask yourself if you're willing to commit the time and money to training and therapy visits, and if you feel comfortable in potentially emotional situations.

Chances are, your pet will need to be screened by a therapy-dog organization. (Find a list at akc.org/akctherapydog/organizations.cfm.) Expect to pay a registration fee; Pet Partners charges about \$95 for two years. You'll also need to pass an evaluation. (One possible scenario: A stranger gives your dog a full-body hug.) How you respond to your pet is just as critical as its behavior. "We want to see that you can read your dog's body language," says Callahan. A complete vet checkup will also be required before you can register.

► Above and Beyond

If your dog is at least 18 months old and has completed 12 therapy visits, he may be ready to move on to Hope AACR. "There's much more stress and unpredictability than in typical animal therapy," notes Hope's Dunbar, who dispatched teams to New Orleans after Hurricane Katrina and to the post-9/11 World Trade Center site. Such teams often travel long distances—on short notice—and are on their feet for hours at a time. The program also costs more (about \$500 for training and equipment).

At Hope AACR, therapy teams are initially screened and evaluated in groups before attending a three-day workshop, during which handlers are schooled in canine behavior, stress signals, and psychological first aid. It's a huge commitment, but it brings great rewards. "You get folks at these scenes who say, 'I don't want to talk to anybody,' but they'll pet and talk to your dog," says Dunbar. "It's amazing to watch dogs do that work. It's unexplainable magic." —Mary Kate Frank

Put Your Best Paw Forward

Set your dog up for success with these tips:

Brush up on basic commands with an obedience class, like the American Kennel Club's Canine Good Citizen training (about \$100 for six weeks of classes).

Spend time around leashed dogs (not those running freely at a dog park) practicing good behavior; this will get your pal used to working, not just playing, with other canines.

Do come-sit-stay drills in a public place (like a garden center or an outdoor market) until your pet obeys your cues perfectly, even with distractions.

Enlist a friend to stagger or walk awkwardly toward your dog on the street and then approach to pet it. Or have several friends pet your dog all at once. Note your pet's reactions, and practice until it's comfortable. As Callahan notes, "Knowing your pet, and when he's happy and when he's unsure, is critical to being a successful team."

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TAKE THE LONG VIEW

Eyes are your window to the world, but the landscape starts to change as you leave your 30s. The telltale sign: noticing that you're holding the menu at arm's length. It doesn't have to be all downhill from there, though. Here's how to protect your vision—and even make peace with reading glasses.

ILLUSTRATIONS BY ANNA PARINI

IN THE 50-IS-THE-NEW-40 (or 30) era, many women manage to take the appearance of fine wrinkles or a few extra pounds in stride—after all, there's always the next state-of-the-art skin serum or a new exercise class around the corner. But one universal sign of the passing years can't be forestalled with products, workouts, or even massive amounts of kale: that dreaded moment when you stand squinting helplessly at a price tag. The gradual blurring of near vision that most people start to notice in their 40s, called presbyopia, tends to rattle women in particular, with nearly 40 percent saying the simple act of putting on a pair of reading glasses makes them feel old.

"For many people, it's one of the first signs of aging—and it's a bummer," says Julia A. Haller, ophthalmologist-in-chief at

Philadelphia's Wills Eye Hospital. Presbyopia is also the most obvious signal that you'll need to pay more attention to your eyesight than you may have in your carefree youth. "Healthy people can usually get away with just one eye exam in their 20s and two in their 30s, even if they wear glasses," says Haller. "But starting at about age 40, you should get a thorough exam and start having your eyes checked at least every couple of years."

That's because as you age there are simply more things that can go wrong with your eyes, from dryness to more serious conditions. And it's critical for a doctor to know if you have a family history of eye issues such as glaucoma or macular degeneration, or any underlying conditions; diabetes, for instance, can lead to diabetic retinopathy, the leading cause of decreased vision in working-age Americans. Here's what you can expect to see as your vision changes—and what to do to keep your eyes as healthy as possible.

► Easy Reading

Schedule a comprehensive eye exam when you turn 40, or sooner if you notice you have trouble reading or performing close-up tasks comfortably. There is no cure for presbyopia, but the basic treatment is simple and inexpensive: reading glasses. "You can get prescription lenses, but drugstore glasses are just fine, and we recommend them to patients all the time," says Kendall Donaldson, an associate professor of clinical ophthalmology at the University of Miami Health System. Drugstore readers are cheap enough that you can (and should!) buy several pairs and stash them in multiple rooms, handbags, and pockets.

"Readers typically range in power from +1 to +3.5 diopter, so try the lowest power first," Donaldson suggests. The test is basic—just try on several pairs at increasing powers until you can read clearly at a distance that's natural for you (usually about 12 to 15 inches). Most people need to increase the power gradually every few years by half a diopter or so until about age 65.

If you already wear glasses for distance, there's good news: You don't have to sport

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That's something even cats find amazing.

your grandma's funky bifocals. Progressive lenses have done away with the telltale line—and the jarring "image jump" it causes when you glance from near to far—by combining correction for distance, intermediate, and near vision into one seamless lens.

These days, even glasses can be optional for those willing to try an increasingly popular technique called monovision. Achieved through either contact lenses or LASIK surgery, monovision involves correcting one eye (usually the dominant one) for distance and the other for close-up work. The brain learns to suppress the out-of-focus eye to provide a clear picture. "It works for a lot of people, but it's not perfect," says Donaldson. In some, monovision can cause eyestrain, sensitivity to glare (especially at night), and reduced depth perception (golfers beware). "It's important to try it first, which you can do with contact lenses, to see if monovision works for you," she says.

► **No More Tears?**

As you get older, your eyes also become more susceptible to dryness. While the stinging or grainy sensation you feel when your eyes don't produce enough tears can be caused by factors like allergies, medications, or the parched air of a plane cabin, hormones play a part as well. And just as some women become intolerant of contact lenses during pregnancy, says Donaldson, the changes that occur during menopause—such as mucous membranes' losing their moisture—can lead to dry eyes.

Mild or occasional symptoms respond well to over-the-counter artificial tears, which are available in a range of formulations; a doctor can prescribe stronger drops for more troublesome cases. Environmental and lifestyle factors can also make a big difference. Central heating and fans, for instance, tend to exacerbate dry eyes, as does the airflow in a car. "I tell my patients to point the air vents away from the face and wear sunglasses when possible to block the gusts," Donaldson says.

Being prone to dry eyes in middle age means you're also more likely to experience

computer vision syndrome, which can arise from prolonged periods of close work on electronic screens. "When we stare at something for a long time, our blink rate decreases, and the surface of the eye becomes less lubricated," says Donaldson. "It can affect anyone who spends 10 hours or more a day at the computer or reading a tablet or smartphone." This type of eyestrain won't cause permanent damage, but she advises keeping a bottle of artificial tears on hand, taking breaks from the screen every two hours or so, and consciously blinking more often.



Time for a new pair? Over the years you'll need to increase the magnification.

For more stubborn cases of dry eyes, your ophthalmologist may suggest punctal plugs, which are tiny stoppers that partially or completely close the tear ducts in your lower eyelid to reduce tear loss. "It's a minor procedure to place them, taking just a couple of minutes in the doctor's office," says Donaldson. The plugs can be made of silicone or, for patients who want to try them out temporarily, dissolvable collagen.

► **Sight Stealers**

As you pass through middle age and beyond your late 50s, two more serious eye conditions can arise. The first and most common,

a cataract, occurs when the eye's lens gets cloudy, blurring vision. By age 80, more than half of all Americans either have a cataract or have had surgery for one. But they are eminently treatable—and you may even be able to postpone their onset. "The healthier you are, the more slowly cataracts develop," says Donaldson. Refraining from smoking, eating a good diet rich in antioxidants, and limiting sun exposure have all been shown to help keep cataracts from forming.

If you do end up needing surgery, keep in mind that not only is it one of the most frequently performed, safe, and effective surgeries in the world, but there is a potential bonus. Because your cloudy lens is replaced with an artificial intraocular lens implant, the surgery sometimes corrects presbyopia vision problems like nearsightedness, farsightedness, and astigmatism.

Another less common but often more damaging condition is age-related macular degeneration (AMD), which doctors start evaluating for at age 55. AMD is a genetic disease that causes damage to the macula, the central part of the retina, which provides sharp central vision for tasks like reading, recognizing faces, and seeing street signs. There are two types of AMD, dry and wet, and about 90 percent of cases remain in the less severe dry form. When the disease is diagnosed early, high-dose vitamin and zinc supplements can slow its progression. For an unlucky 10 percent who develop AMD, however, the disease progresses to the more serious wet form, which can eventually lead to blindness. "Two signs of advanced AMD are having blurry areas in the central vision, and seeing a straight line, like that of a flagpole, as wavy," says Haller. There is no cure for wet AMD, but injectable medications can now slow its progress and preserve or improve vision in most people.

As with cataracts, a healthy, nonsmoking lifestyle is thought to improve your resistance to AMD, along with sun protection—an excellent excuse for splurging on good sunglasses while you're stocking up on those chic readers. —Catherine Hong



1



3



NET WT 14 OZ (396 g)

PARTNERS' PICKS

COURTESY OF THE MANUFACTURERS AND BRYAN GARDNER

We've gathered a few of our favorite things for March—just a little inspiration from our partners for refreshing your home, celebrating an everyday occasion, or pampering your pet!



5

4



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Pastas That Pop

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**PENNE RIGATE WITH ARUGULA-ALMOND PESTO**Active Time: **15 min.**Total Time: **25 min.**Serves: **6**

5 ounces baby arugula, some leaves reserved for garnish
3 tablespoons blanched almonds, toasted and chopped (2 ounces)
1 small clove garlic, chopped
3 tablespoons fresh lemon juice
1/4 cup grated Parmesan (1 ounce)
 Coarse salt
1/2 cup extra-virgin olive oil, plus more for drizzling
1 pound penne rigate

1. Combine arugula, almonds, garlic, lemon juice, and cheese in the bowl of a food processor; season with salt. Pulse until coarsely puréed. With motor running, slowly add oil, processing to a paste.
2. Bring a large pot of water to a boil; add salt. Cook pasta until al dente, according to package instructions. Drain; transfer pasta to a bowl. Add pesto and toss to coat evenly. Drizzle with oil, garnish with arugula leaves, and serve immediately.

ROASTED PEPPERS WITH SPAGHETTI STUFFINGActive Time: **35 min.**Total Time: **1 hr.**Serves: **6**

6 bell peppers, preferably a mix of red, orange, and yellow
 Coarse salt
8 ounces thin spaghetti
2 tablespoons extra-virgin olive oil

2 anchovy fillets

1/2 red onion, thinly sliced

2 tablespoons capers, rinsed and drained

2 tablespoons red-wine vinegar

Fresh oregano leaves, for serving

1. Place bell peppers directly over the flame of a gas-stove burner and roast, turning with tongs, until blackened all over. (Or roast peppers under the broiler.) Transfer to a large bowl, cover with plastic wrap, and let stand 15 minutes. Peel off skins, slice off tops, and remove ribs and seeds.

2. Bring a large pot of water to a boil; add salt. Cook pasta 2 minutes less than instructed on package. Drain.

3. Preheat oven to 350°. Heat a large sauté pan over medium-high. Swirl in oil to coat, then add anchovies, breaking them up with the back of a spoon until dissolved. Add onion and capers and cook, stirring occasionally, just until onion is softened, about 3 minutes. Pour in vinegar and cook, stirring frequently, until almost evaporated. Add pasta and toss to coat.

4. Generously season cavity of each pepper with salt, then fill with a heaping $\frac{1}{2}$ cup pasta mixture, twirling pasta with a fork to fit snugly. Place peppers side by side in a 2-quart oval baking dish. Bake until pasta starts to brown in a few spots, 10 to 15 minutes. Let cool slightly before serving, topped with oregano.

GEMELLI WITH RED CABBAGE, BEET, AND PROSCIUTTOActive Time: **30 min.**Total Time: **1 hr.**Serves: **6**

Coarse salt
1 medium beet (6 ounces), peeled and quartered

1 pound gemelli

4 thin slices prosciutto (2½ ounces), cut into $\frac{1}{4}$ -inch pieces

2 tablespoons extra-virgin olive oil

1 small onion, finely diced

1/4 head red cabbage, cut into $\frac{1}{2}$ -inch pieces (4 cups)

1 cup dry red wine, such as Pinot Noir

Grated Pecorino Romano, for serving

1. Bring a large pot of water to a boil; add salt and beet. Cook pasta 2 minutes less than instructed on package (beet should be knife-tender). Drain; when beet is cool enough to handle, chop into small pieces.

2. Place prosciutto in a large sauté pan over medium-high; cook, stirring occasionally, until crisp, about 3 minutes. Transfer to a plate.

3. Swirl oil into pan and add onion. Cook, stirring occasionally, until softened, 3 to 4 minutes. Add cabbage and cook until slightly tender, about 2 minutes. Stir in beet. Increase heat to high, pour in wine, and cook, stirring frequently, until reduced by half, about 2 minutes.

4. Add pasta and toss to combine. Add prosciutto and season with salt. Serve immediately, with cheese.

MAFALDINE WITH SHRIMP AND LEMONActive Time: **50 min.**Total Time: **1 hr. 30 min.**Serves: **6**

Mafaldine are flat noodles with ruffled edges. Pappardelle or tagliatelle can be substituted.

1 pound large shrimp, heads and shells removed and reserved

3 tablespoons unsalted butter

1 tablespoon tomato paste

1/2 cup dry white wine, such as Sauvignon Blanc

Coarse salt

1 pound mafaldine
1 lemon, $\frac{1}{2}$ thinly sliced crosswise and seeds removed
1 shallot, minced
1/2 teaspoon red-pepper flakes, plus more for serving
1/4 cup crème fraîche

1. Slice each shrimp in half lengthwise; refrigerate.

2. Melt 1 tablespoon butter in a medium sauté pan over medium. Add shrimp heads and shells and tomato paste and cook, stirring, until shells are pink and opaque, about 2 minutes. Pour in $\frac{1}{4}$ cup wine and cook, stirring, until reduced, about 1 minute. Add 4 cups water, bring to a boil, and simmer 30 minutes. Strain shrimp stock through a sieve into a bowl; discard solids. (You should have about $2\frac{1}{2}$ cups.)

3. Meanwhile, bring a large pot of water to a boil; add salt. Cook pasta 2 minutes less than instructed on package, adding lemon slices during last 5 minutes. Drain.

4. Melt remaining 2 tablespoons butter in a large sauté pan over medium. Add shallot and pepper flakes. Cook, stirring, until shallot is translucent, about 1 minute. Season shrimp with salt; add to pan in a single layer. Cook until light pink on one side, about 2 minutes. Turn; cook 1 minute more.

5. Pour in remaining $\frac{1}{4}$ cup wine and cook, stirring, until reduced. Pour in shrimp stock and simmer until slightly reduced and thickened, about 2 minutes. Whisk in crème fraîche until combined.

6. Add pasta and lemon slices and stir to coat pasta with sauce. Remove from heat; squeeze remaining lemon half over top. Serve immediately, sprinkled with pepper flakes.

CALAMARATA WITH ROASTED EGGPLANTS, TOMATOES, AND OLIVES

Active Time: 25 min.
 Total Time: 45 min.
 Serves: 6

Calamarata is a little ring-shaped pasta. Other short tubular pasta, such as *mezzi rigatoni* or *pennoni*, can be substituted.

- 4 cups cherry tomatoes, preferably a mix of red, orange, and yellow
- 4 Japanese eggplants, cut crosswise into $\frac{1}{2}$ -inch rounds
- 4 cloves garlic, smashed and peeled
- 2 tablespoons extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1 pound calamarata
- 4 links sweet Italian sausage, casings removed
- 1 cup pitted Kalamata olives
- $\frac{1}{2}$ cup grated Pecorino Romano (2 ounces), plus more for serving
- Small fresh basil leaves, for serving

1. Preheat oven to 425°. Divide tomatoes, eggplants, and garlic between 2 rimmed baking sheets. Drizzle with oil; season with salt. Toss to combine, then spread in a single layer. Roast until eggplants are tender and browned in spots, about 25 minutes.

2. Bring a large pot of water to a boil; add salt. Cook pasta 2 minutes less than instructed on package. Drain, reserving 1 cup pasta water.

3. Meanwhile, heat a large sauté pan over medium-high. Cook sausage, breaking it into small pieces, until browned, 10 to 15 minutes. Add reserved pasta water; cook, scraping up browned bits from bottom of pan, until almost evaporated.

4. In a large bowl, combine eggplant mixture, sausage, olives, pasta, and cheese. Season with salt and pepper. Top with basil and serve immediately, with more cheese alongside.

ORECCHIETTE WITH CARROT-HAZELNUT PESTO

Active Time: 15 min.
 Total Time: 20 min.
 Serves: 6

- 6 small carrots (8 ounces), peeled and coarsely chopped
- $\frac{1}{2}$ cup toasted whole hazelnuts, plus 2 tablespoons, chopped, for serving
- 1 small clove garlic
- $\frac{1}{2}$ cup grated Pecorino Romano (2 ounces)
- Coarse salt
- $\frac{1}{4}$ cup extra-virgin olive oil, plus more for drizzling
- 1 pound orecchiette

1. Combine carrots, whole hazelnuts, garlic, and cheese in the bowl of a food processor; season with salt. Pulse until coarsely puréed. With motor running, slowly add oil, processing to a paste.

2. Bring a large pot of water to a boil; add salt. Cook pasta until al dente, according to package instructions. Drain; transfer pasta to a bowl. Add pesto and toss to coat evenly. Drizzle with oil, top with chopped hazelnuts, and serve immediately.

Into the Blue

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MARKET SALAD WITH POACHED CHICKEN

Active Time: 25 min.
 Total Time: 55 min.
 Serves: 4

POACHED CHICKEN

- $1\frac{1}{2}$ cups dry white wine, such as Sauvignon Blanc
- $1\frac{1}{2}$ cups white vinegar
- 1 head garlic, halved horizontally

HOW-TO

Slicing a Mango

PAGE 52

Start with a ripe mango, which is firm with some give.



1

Remove the peel with a vegetable peeler or sharp knife, following the curve of the fruit.



2

Cut Sides
 Stand the peeled mango upright, and cut along both sides of the large, narrow pit in the center, separating the flesh from it.



3

Slice
 Slice the flesh lengthwise into thin slices (or according to a specific recipe).

2 stalks lemongrass, halved lengthwise and pounded to lightly crush

1 1-inch piece fresh ginger

1 cinnamon stick

3 dried bay leaves

1 dried red chile pepper, such as chile de árbol or Thai bird chile

2 tablespoons coarse salt

2 chicken-breast halves (8 ounces each)

LEMON CITRONETTE

2 tablespoons fresh lemon juice

1 teaspoon sugar

$\frac{1}{2}$ cup grapeseed or canola oil

$\frac{1}{8}$ teaspoon flaxseeds (optional)

Large pinch of dried chili powder, preferably New Mexican

Coarse salt

SERVING

2 heads endive, preferably a mix of white and red, leaves separated

1 cup watercress leaves

1 cup baby chicory

$\frac{1}{2}$ watermelon radish, thinly sliced

1. Poached Chicken: Combine wine, $1\frac{1}{2}$ cups water, vinegar, garlic, lemongrass, ginger, cinnamon, bay leaves, chile, and salt in a medium pot. Bring to a boil, then reduce heat and simmer until flavors are released, 10 minutes. Add chicken, making sure it's fully submerged in liquid, and simmer, covered, 7 minutes. Remove from heat and let stand, covered, 5 minutes. Use tongs or a slotted spoon to transfer chicken to a cutting board. When cool enough to handle, thinly slice. (Reserve strained broth for another use.)

2. Lemon Citronette: Whisk together lemon juice and sugar in a bowl. Slowly whisk in oil until combined, then flaxseeds and chili powder. Season with salt.

3. Serving: Divide endive, watercress, chicory, radish, and chicken evenly among 4 plates. Drizzle citronette over salad; serve immediately.

TROUT EN CROÛTE WITH SORREL SAUCE

Active Time: **30 min.**

Total Time: **45 min.**

Serves: **4**

4 whole trout (9 ounces each), cleaned, deboned, and all fins removed

Flaky sea salt, such as Maldon

2 sheets (12 ounces each) frozen puff pastry, preferably all-butter, thawed

$\frac{1}{2}$ to $\frac{1}{4}$ cup grapeseed oil, plus more for baking sheets

1 large egg, lightly beaten

4 cups packed sorrel leaves (from 4 small bunches) or baby spinach

3 cups packed fresh mint leaves (from 2 small bunches)

$\frac{1}{2}$ cup capers, rinsed and drained

2 tablespoons crème fraîche

1. Preheat oven to 425°, with racks in upper and lower thirds. Season cavities and surface of fish with salt. Place 1 pastry sheet flat on a work surface, and arrange 2 trout side by side, 2 inches apart, on top. With a paring knife, cut out an oval of pastry around each fish, with about $\frac{1}{2}$ -inch border on sides, leaving heads and tails sticking out from pointed ends of oval. Repeat with remaining pastry and fish. Set fish aside. Use knife to score pastry ovals in a crosshatch pattern.

2. Generously oil 2 rimmed baking sheets. Arrange 2 trout on each sheet, then place ovals over trout. Brush tops of pastry with egg. Bake, rotating sheets from top to bottom halfway through, until pastry is golden brown and fish are cooked through, 20 to 22 minutes.

3. Meanwhile, combine sorrel, mint, capers, and oil in the bowl of a food processor. Pulse until mixture is smooth. Transfer to a bowl; fold in crème fraîche.

4. Spread $\frac{1}{4}$ cup sorrel sauce on each of 4 plates. Place a fish on top of sauce. Serve immediately, with remaining sauce alongside.

ROASTED CAULIFLOWER WITH FLAGEOLETS, TURNIPS, AND PISTACHIOS

Active Time: **10 min.**

Total Time: **35 min.**

Serves: **4**

Navy makes this dish with fresh flageolet beans, but we substituted easier-to-find dried beans here.

2 small heads cauliflower, preferably purple, trimmed and sliced $\frac{1}{4}$ inch thick

3 tablespoons extra-virgin olive oil, plus more for drizzling

Pinch of dried chili powder, preferably New Mexican

1 teaspoon agave syrup

Coarse salt

2 cups Flageolet Beans (recipe follows)

1 tablespoon fresh lemon juice

1 to **2** turnips or radishes, preferably purple, very thinly sliced

$\frac{1}{4}$ cup shelled raw pistachios, chopped

Flaky sea salt, such as Maldon, for serving

1. Preheat oven to 375°. Combine cauliflower, 1 tablespoon oil, chili powder, and agave on a rimmed baking sheet. Season with coarse salt; toss to combine. Spread in a single layer and roast until cauliflower is tender and golden brown in spots, about 25 minutes. Transfer to a bowl; let cool slightly.

2. Add beans, lemon juice, and remaining 2 tablespoons oil to bowl. Toss to combine. Divide mixture evenly among 4 plates. Top with turnips and pistachios. Drizzle with oil, sprinkle with flaky salt, and serve.

FLAGEOLET BEANS

Active Time: **20 min.**

Total Time: **2 hr.**

Makes: **2 cups**

$\frac{3}{4}$ cup dried flageolet beans

4 cups low-sodium vegetable broth

$\frac{1}{2}$ teaspoon coarse salt

1. Place beans in a medium pot, cover with water by 1 inch, and bring to a boil. Remove from heat; let soak 1 hour. Drain.

2. Wipe pot clean; return beans to pot. Add broth and salt and bring to a boil, then reduce heat and simmer until beans are tender, about 50 minutes. Drain. Once cooked, beans can be stored in refrigerator up to 1 week.

ANATOMY OF AN EGG BOWL

Active Time: **20 min.**

Total Time: **40 min.**

Serves: **4**

Chef Camille Becerra poaches her eggs in a deep pot because they take on a teardrop shape when they plunge into the water. She uses mixes of grains, vegetables, and greens when serving this bowl at Navy, but you can use just one variety of each component. (It's a great way to use leftovers.) She also varies the savory yogurt, swapping out the sumac used here with a mix of mild spices or herbs, such as fresh dill or flat-leaf parsley, ground fennel or coriander seed, or a combination.

SAVORY YOGURT

1 cup plain Greek yogurt

1 tablespoon plus **2** teaspoons ground sumac (available at penzeys.com)

Pinch of flaky sea salt, such as Maldon

$\frac{1}{4}$ teaspoon agave syrup

EGGS

White vinegar

Coarse salt

4 large eggs

GREENS

2 cups mixed fresh greens and herbs, such as watercress, flat-leaf parsley, chives, and scallion greens

Extra-virgin olive oil

Juice of **1** lemon

Flaky sea salt, such as Maldon

SERVING

2 cups mixed cooked grains, such as farro, quinoa, wheat berries, and red or brown rice

12 pieces mixed roasted vegetables, such as whole carrots, parsnips, turnips, and beets, and sliced butternut or acorn squash

1 ripe, firm avocado, peeled, pitted, and sliced

Dried chili powder, preferably New Mexican

1. Savory yogurt: Stir together yogurt, sumac, flaky salt, and agave in a bowl.

2. Eggs: Fill a deep pot with water. Add vinegar (3 tablespoons per gallon of water) and salt. Bring to a boil, then reduce to a gentle simmer. Crack an egg into a small cup. Use a slotted spoon to stir water into a tornado effect, then quickly slide egg into center. Cook until white is just set, 2 to 3 minutes. Transfer to a paper-towel-lined plate with a slotted spoon. Repeat with remaining eggs.

3. Greens: Toss together greens, oil, lemon juice, and flaky salt in a bowl.

4. Serving: Divide grains, vegetables, greens, yogurt, and avocado among serving bowls. Top each with an egg and sprinkle with chili powder. Serve immediately.

TURMERIC TONIC

Active/Total Time: 5 min.

Serves: 5

To make turmeric juice, pass 2 to 3 ounces fresh turmeric root (available at Indian food markets or kalustyans.com) through a juicer.

½ cup fresh lemon juice (from 2 lemons)

¼ cup honey

¼ cup fresh turmeric juice

1½ cups (10 ounces) sparkling water

Combine lemon juice, honey, and turmeric juice in a pitcher, stirring until honey is dissolved. Fill five 10-ounce glasses with ice. Add 3 tablespoons turmeric mixture and ¼ cup sparkling water to each; serve.

KALE LEMONADE

Active/Total Time: 5 min.

Serves: 1

1½ pounds kale with stems, chopped

2 apples, such as Honeycrisp, chopped (with peels and cores)

1 lemon, chopped (with rind and pith)

Pass kale, apples, and lemon through a juicer. Stir to combine; serve.

BLACK GRAPE-PURPLE CARROT JUICE

Active/Total Time: 5 min.

Serves: 1

2 cups black or Concord grapes (12 ounces)

2 cups chopped purple carrots (10 ounces)

Pass grapes and carrots through a juicer. Stir to combine; serve.

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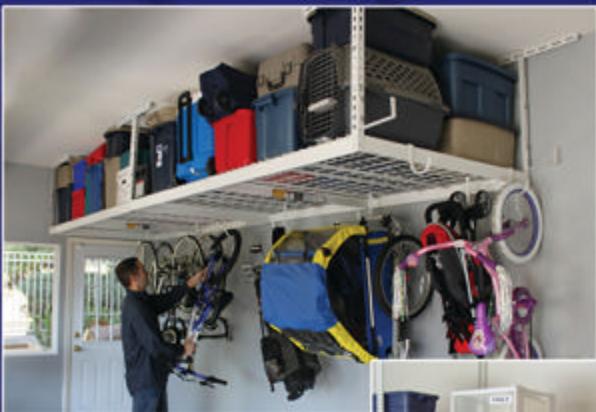
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Why We Love It

For its fine-grade soft wool blankets, the company's designers delved into 180 years of archives to resurrect vintage designs and patterns, including one from the Civil War (the red blanket, center). Woolrich has updated the colors to suit modern tastes and is also at work creating new styles.

Allegheny blanket, in Navy Stripe (top left), \$145; **Fawn Grove blankets,** in Soft Cherry Red (top right), Night Sky (bottom right), and TOB (on chair), \$145 each; and **Civil War Artillery blanket,** in Red (center), \$165, woolrich.com. **Orchard Ladder No. 2,** mattermatters.com. **Butterfly chair,** in Swedish Blue Linen, johnderian.com.



**AMERICAN
MADE**

Woolrich

PHOTOGRAPH BY
PETRA BINDEL

Cozy, soft, and woven to last generations, Woolrich blankets have been keeping Americans warm for nearly two centuries. The company was founded in 1830 by John Rich, who emigrated from England to Pennsylvania to sell woolens to loggers and farmers. Today, the outdoor-and-lifestyle

brand runs the oldest continuously operated woolen mill in the U.S. Every step in making the blankets shown here—from dyeing and carding to weaving and finishing—still happens in the mill Rich built. “We make blankets the same way we did in the 1800s,” says Nick Brayton,

Woolrich’s president and the founder’s seventh-generation descendant. “I think the only part of the process that’s changed is how we get the wool here.” Even as Woolrich has grown, its integrity remains: “We are and always have been dedicated to making quality goods.” —Melissa Ozawa



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